



South Australian  
Motor Racing Officials Assoc  
Marshals Mumblings  
January 2015



**Affiliated Organisation**

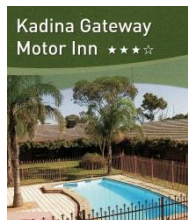


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# MARSHALS MUMBLINGS

## January 2015

Official Newsletter of the

South Australian Motor Racing Officials Association Inc.

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**The Editor welcomes contributions from any person interested in motor sport. Therefore, views expressed in this Newsletter are not necessarily those of the South Australian Motor Racing Officials Association or any of its members.**

SAMROA WEB SITE [www.samroa.org.au](http://www.samroa.org.au)

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The South Australian Motor Racing Officials Association (SAMROA) Inc. is a volunteer organisation affiliated with the Confederation of Australian Motor Sport (CAMS) Ltd.

# President's Report

Welcome to 2015!

Hopefully you were all able to get a few days off to enjoy the festive season with family and friends. I managed to get a “real” Christmas tree for the first time. Whilst I love the smell of it, I'm now left wondering how on earth I'm going to dispose of it!

In motorsport news - the 2015 round of the Shannons Nationals that was due to be held at Mallala over the weekend of April 17 -19 has been cancelled. According to Rob Curkpatrick they were unable to secure enough competitors for the round to make the event financially viable this year. They are however working on returning to Mallala in 2016.

This is a big setback for SAMROA, with only the Clipsal 500 and the Historic Race meeting over the Anzac Day weekend being classed as National level CAMS Circuit events. Without the lure of the Shannons and a State Championship title, our recruitment efforts will become decidedly harder.

In good news however, SA Motorsport Park at Tailem Bend have recently submitted plans for their complex to the State Government for planning approval. I'll attempt to include a copy in this newsletter. The only thing I think they're missing in the complex is a dodgem cars setup – it's massive! Fingers crossed it gets approval.

Our next General Meeting is set for the 11th of February. Come along and join us, catch up on the latest CAMS news and get to know your club mates better.

Stay safe,

Bronwen

# T&CC Report

Welcome to 2015, we hope that everybody has had a great Christmas/New Year's break and are fully rested for what is going to be a busy year on the 2015 Motorsport calendar.

Our first event of the year out at Mallala is Superkarts and Modern Regularity on the 15th February. Brad Morrison is Chief Flag and briefing time will be announced closer to the date. Keep an eye on your emails for this.

This event is the only opportunity at Mallala before Clipsal (February 26th – March 1st) to “blow out the cobwebs” on your flagging and communications.

Please remember to let us know if you are coming out so that we are able to organise placements and ensure that we have enough food to cater for all officials at lunch time.

The database has been set up for all the events for the year, so plan ahead which events you will be able to attend and add your name. If you don't have access to the database please contact a member of the T&CC and ask them to place your name on the database for you.

The T&CC are already thinking about training opportunities for SAMROA members this year. They include:

- Report Writing
- Communications and Flags
- First Aid Update
- Child Protection

If you have any preferences, the T&CC would like to hear from you – sorry for the cliché but “it is your Club – get involved”

As we head back into another busy year of racing just a few reminders:

With the start of the New Year, the weather has been very fickle. As it usually is for the beginning of racing season the temperatures may be extreme. A few days before an event - ensure that you hydrate your body - water is best for this. Your body is made up of 70% water so ensure that you keep it top up.

## **T&CC Report - Continued**

So – while you are out in the heat BE AWARE OF dehydration IT IS TOO LATE;

When you are out a flag point, pay particular attention to the condition of the equipment and the general area around you.

Please bring any deficiencies to the attention of your Senior, Chief Flag or Committee member; and stay safe

We'll see you trackside, 15th February 2015.

## **Social Committee Report**

The Social Committee is currently organising this year's Annual Dinner and will hopefully finalise details soon. Once it is organised we will then inform all of the members so that people can start to put a little aside each week for their tickets. We would love to see as many of you there as possible!

The Committee is also looking at the idea of having an afternoon playing Slot Cars and a picnic so that we can relax and have some fun with our families and fellow officials. We may even organise one for Christmas!!

The Committee currently has 5 members; however we always welcome new members and new ideas. We currently meet at McDonalds Kilburn and our next meeting is on Wednesday, 18th February 2015 at 7pm. All are welcome to come along and join.

## **A Message from the Editors**

Thanks for all the contributions to the newsletter for January they were all in on time. Next deadline for articles will be **Friday 6<sup>th</sup> of February**.

**Andrew & Thomas**



### **Happy Birthday!**

The following members have, or are celebrating birthdays...

Jodie Johnson (4<sup>th</sup>), Dillon Robinson (12<sup>th</sup>), Karl Fleming (16<sup>th</sup>), Stephen Lewis (20<sup>th</sup>), Life Member Alan O’Dea (22<sup>nd</sup>), David Lans and Life Member Bruce Morisset (24<sup>th</sup>).

## **A Request to anyone travelling to the Bathurst 12 Hour**

SAMROA club member Peter Gold is travelling to Bathurst to work at the 12 Hour Event in early February. He has room in his car for a passenger, and a 3-person tent he’s willing to share. If anyone is interested in going over to the 12 Hour, either as an official or a spectator please contact Peter via mobile 0424 987 895 or email [GoldieV8@adam.com.au](mailto:GoldieV8@adam.com.au)

## **SA Motorsport Park Submits Plans**

It was brought to our attention during the month that the team at Tailem Bend Motorsport Park submitted their master plans to the Department of Planning Transport and Infrastructure Development Assessment Commission.

The plans can be accessed for viewing by visiting:

[http://www.dac.sa.gov.au/\\_\\_data/assets/pdf\\_file/0020/154721/Materials\\_Part2.pdf](http://www.dac.sa.gov.au/__data/assets/pdf_file/0020/154721/Materials_Part2.pdf)

# Why is Fatigue a concern to SAMROA VOLUNTEERS?

People involved with motorsport have an increased risk of fatigue as the average

race day can be long in varying conditions. There are many things that can contribute to fatigue these include the following:

**Overuse of caffeine:** Caffeine is a nervous system stimulant and although it gives you a temporary surge of energy, in the long term it depletes energy from your body.

**Lack of Quality Sleep:** Your body uses sleep as a rebuilding time for muscles. Your muscles use energy most efficiently. If they don't have time to recover then they cannot work properly. Therefore your energy can be depleted.

**Too Many Sweet Foods:** This can result in a desire to eat something sweet, which will temporarily make you feel better and give you some energy. In the long term eating sweet foods results in lack of energy and even exhaustion setting in.

**Lack of Exercise:** Exercise does not have to be a daily routine or be excessive. Just a few minutes say 3 times a week is sufficient. We are all aware of the benefits of exercise- it increases stamina, increases energy levels, reduces stress, assists in a healthy cardiovascular system and many more.

**Stress Levels:** Many people may be surprised to learn that stress is one of the leading causes of low energy.

**Dehydration:** It is important to stay hydrated throughout the day. Hydration involves water, not coffee, tea, alcohol or such beverages. Ample fluids keep energy-fuelling nutrients flowing throughout the body. Besides drinking more, you can also consume foods that naturally contain water, such as yogurt, broccoli, carrots, and juicy fruits, like watermelons, oranges, and grapefruits

**Lifestyle:** Your lifestyle is another factor that may influence your energy levels. In particular, late nights and partying that is excessive and frequent can not only lead to fatigue but also to anxiety and sometimes depression.

# Why is Fatigue a concern to SAMROA VOLUNTEERS? – Continued

The fatigue risk factors for race officials are varied and may be caused by prolonged concentration, dehydration, lack of sleep and ill preparation. These factors can lead to volunteers becoming fatigued and increase the risk of poor judgment, slow reaction times and poor response to situations putting not only themselves at risk but also their team mates, competitors and the public. It is for these reasons that SAMROA volunteers need to be able to recognise the warning signs of fatigue. Understanding the warning signs allows volunteers to stand down before Fatigue effects their ability to work effectively. The symptoms that a member is becoming fatigued are varied some of the signs are:

Sleepiness: Poor sleep pattern before an event, Yawning, Sleeping, drowsy or disinterested.

Aches and pains: Stiff muscles, sore joints, numbness or pins and needles.

Outward Signs: Failing to perform their duties, uninterested, bored

Physical Signs: Extremely tired, feeling breathless, dizziness, overwhelmed, listless.

Officials at motor sport events need to be able to concentrate and make critical decisions without warning. It is for these reasons that officials must be focused and alert throughout an event to ensure the safety of themselves, their team and the competitors.

To prevent the effects of fatigue individuals should consider their preparation well before the event to ensure they are in a good state of health . To prepare for a day officiating the following precautions should be taken. Make sure you get a good night's sleep the night before. Try and get plenty of rest in the day or days before your commitment. Make sure you drink plenty of water leading



# **Why is Fatigue a concern to SAMROA VOLUNTEERS? – Continued**

up to the event to ensure you are fully hydrated. Avoid drinks containing caffeine or alcohol as these can lead to dehydration. Make sure you have a good breakfast the day of the event and make sure you carry plenty of water and snacks on the day, don't assume there will be plenty of water available at the track.

If you have your name down for an event and on the day you realise that you are overtired or fatigued for the safety of yourself and your fellow members please call the Chief Flag and explain your circumstances. Chief Flag personnel would rather you do so than risk the safety of yourself and the other members. We are a volunteer organisation and safety is all our concern so when you next look in the mirror remember the person you see is responsible for your safety today.

## **Shannon's Nationals 2015 Schedule Changes**

**THE SHANNONS AUSTRALIAN Motor Racing Nationals has confirmed a revised 2015 calendar that now includes eight rounds.**

The series has announced that it will no longer visit Mallala Raceway in South Australia this year following changes to categories scheduled to compete at the round.

A decision by selected categories originally confirmed for the Mallala round to alter their calendars and no longer compete significantly reduced the viability of the round.

The decision to remove Mallala from the 2015 schedule was not taken lightly however ensures there was no risk for long-supporting Nationals categories in absorbing additional costs, should the round have continued with fewer race categories.

These categories will be accommodated at existing Nationals rounds or, potentially, external events if and where offered with details available soon. The Nationals are committed to remaining in South Australia and have already working towards ensuring a strong return in 2016.

A fully-revised 2015 calendar and category breakdown will be released in due course.

# **SAMROA Weather Guidelines**

The South Australian Motor Racing Officials Association (SAMROA) is responsible for the Health, Safety and Welfare of all Members while engaged in the activities of the Association. In fulfilling this responsibility the General Committee has a duty to ensure that a working environment that is safe and without risks to health is provided and maintained.

SAMROA work very closely with the organising committee of the events run at Mallala Motorsport Park to ensure that the officials are as comfortable as possible trackside, especially during times of extreme weather, hot or cold.

As trackside officials, it is important to take to ensure that you are prepared for trackside duties in all weather. This includes having the correct kit which includes all personal protective equipment suitable for the weather conditions that you may be exposed to.

A basic kit for trackside work:

1. Club clothing – overalls
2. Hat – to suit season
3. Gloves
4. Waterproof white or orange clothing
5. Sunscreen
6. Insect repellent
7. Any necessary medication e.g. allergy sufferers
8. Whistle
9. Pen, paper, notebook
10. License
11. Water and snacks
12. Eye protection (sun & debris)

## **COOLER/WET WEATHER**

During cooler/wet weather trackside officials, need to be dressed appropriately for the weather. It is often better to have on layers of clothing that you can take off if too warm rather than single layers. Always wear clothing that is suitable for the weather. If the weather is looking like it will be wet your trackside kit should include:

Waterproof clothing (jacket and trouser) – white or orange

Waterproof boots

Leather gloves

A towel (round the neck will prevent water from running down the neck)

Do not forget that you may have to stand out in the weather, whatever the conditions, for many hours. If you are not suitably dressed for the weather you may be removed from your trackside duties.

## **HOTTER/DRY WEATHER**

During hot/dry weather, it is highly important that officials start preparing for their day trackside prior to the actual day to ensure that they are ready for the weather and the effects it may have on your body.

What you can do:

A few days before the event - ensure that you hydrate your body - water is best for this.

Your body is made up of 70% water so ensure that you keep it top up.

The day of the event

Wear loose comfortable clothing preferably cotton. Long pants and long sleeves to ensure you are protected from the sun. Reduce the layers of clothing which means if you want to wear your overalls, wear shorts and a t-shirt (or less if you are adventurous) - on the other hand, if you have a suitable alternative for the overalls that will be cooler and more comfortable, feel free to wear it. Ensure that the colour you wear do not clash with the flag colours – avoid red, yellow, green and bright blue.

Wear a well-vented broad brim hat. Caps do not provide adequate sun protection.

Wear water-soluble sunscreen SPF 30+ applied regularly every few hours.

Wear sunglasses to protect your eyes from the sun and glare. They also help protect if there is any dust flying.

Drink lots of water. Bring your own to the track to ensure that you have enough. Do not assume that you will be supplied with enough water for the day.

Have a neck cooler scarf or damp towels around the neck to stay cool.

**NECK COOLING SCARF** - A simple, but highly effective body cooling product. Simply immerse this scarf in water for about 20 minutes. The cooling scarf's poly-crystals will absorb up to 95% of their total capacity. When worn, retained water evaporates, drawing away body heat. The cooling effect on the carotid arteries in your neck is amazing. Under \$10 from most camping/outdoor stores.

SAMROA along with the organising committees on hot/dry days will:

Monitor all trackside personnel (Chief flag and Assistant Chief flag) and at the first signs that we are not able to work safely in the conditions.

Anyone with any early signs of the effect of the heat will be taken to a resting point before medical help is required.

If you are working in the direct sunlight, the Chief Flag will be enforcing the “no hat, no play” rule.

There will be eskys with ice and water at each flag point.

There will be extra drink runs, with a Powerade run in the afternoon. We will also have those frozen icy pole run.

Depending on numbers, we may be able to create a roaming team to relieve points.

There are spray bottles in all the flag bags to create a cooling mist.

You have a duty of care to yourself and your flag point members to ensure that you are fit to be working on extreme weather days.

If you feel that you are or one of your flag point members are suffering from the effects of the heat then, let race control know early. We do not want to have a medical incident on our hands.

Chief flags and flag point seniors will be monitoring officials and if it deemed that your are ill prepared for the day and are not willing to accept the safety equipment (hats, sunscreen) to protect yourself then you may get asked to stand down. SAMROA has an obligation (duty of care) to keep all volunteers safe this is an obligation that the committee and I am sure all members take seriously.

Stay safe - Slip, slop, slap, wrap and hydrate.

## **REFERENCES:**

**<http://capitaltristate.wordpress.com/2012/07/03/its-summertime-know-the-symptoms-of-heat-stress/>**