



Okanagan Precision Driving Association KnowledgeBase

Topic	2023 Introduction to Autocross Course Outline
Author	Steve Gunner/Nick Gunner/Doug Floer
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Introduction

The Okanagan Precision Driving Association (OPDA) hosts an Introduction to Autocross for Beginners with the goal of increasing the profile of the sport of Autoslalom/Autocross in the area while expanding club membership. The intent of this document is to provide an understanding of the curriculum for both students and instructors.

Schedule for the Day

Start	Topic
8:30	Inspection of participant vehicles
9:00	Classroom session
10:00	On-course basic autocross element instruction
12:00	Lunch and full course set-up
12:30	On-course, full autocross course. Instructors in car first 2 – 3 runs
3:30	Teardown, Debrief and next steps

Classroom Session

Section	Time	Min	Topics	Who
Introductions	9:00	5	Welcome. Introduce students and instructors	Steve G.
Autocross Primer	9:05	15	Licensing, sanctioning, local, regional and national level competition Rules and regulations (FIA-ASN, CACC, CNSC, SCCA)	Steve G.



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Section	Time	Min	Topics	Who
			Safety (restricted area, flags, vests, waivers) Officials (clerk of the course, marshal, steward, starter, station workers) Driver's meetings – purpose. Cone placement, flags, penalties, DNF Timing and scoring - Raw vs PAX Course walk (compulsory, complete focus and no chatting is the key to success, visualization) Setup and teardown Helmet requirements and selection Footwear and attire Drugs, alcohol impairment is illegal.	Nick
Vehicle Selection	9:20	10	Eligibility Car Classification Classification Advantages Allowable modifications – stock is king Tires (selection, pressure, heat effects, marking) Suspension and alignment Noise limits Floor mats, loose objects and cleanliness Technical inspection	Wayne
Driving Theory	9:35	15	Expectations Hand position Seat and belt adjustment Shifting (standard, automatic, paddle) Braking; ABS	Richard M



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Section	Time	Min	Topics	Who
			Vision and visualization Contact patches Vehicle balance and dynamics Traction control and vehicle stability systems Autocross in small lots Where to spend money? Tires and talent	

On-Course Session 1 – Autocross Element Instruction – 10:00 – 12:00

Section	Topics
Element 1	Course walk Accelerate, turn 90 left, turn 90 right, brake, and stop
Element 2	Course walk Accelerate, turn 90 left, 90 right, slalom, turn 90 left, 90 left, stop
Element 3	Course walk Accelerate, turn 90 left, 90 right, slalom, turn 90 left, 90 left, figure 8, turn 90, stop
Element 4 (if required)	Accelerate, turn 90, slalom, turn 90, figure 8, turn 180, stop

Lunch Break – 12:00 – 12:30

Who	Topics
Students	Lunch break
Instructors and volunteers	Setup full course

On-Course Session 2 – Autocross Instruction – 12:30 – 3:30



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Section	Topics
Student training	Full autocross course with instructor. Timed from run three onward. Instructors debrief with their students.
Instructor demonstration	Instructor drives, student as passenger – instructor's car or student's car (if acceptable)
Conclusion	Teardown. Classroom; Debrief and next steps. Group picture.