

# ARDS TRAINING

## PRE-ARDS TRAINING

The ARDS test is a test of skill, competence and understanding of the rules that govern the sport. It is designed to ensure that drivers are safe to take to the track for both testing and racing and are not a hazard to other track users. Our pre-ARDS Training Course is designed to train driver's in the core skills whilst giving them the best opportunity of passing the test first time.

## POST-ARDS TRAINING

After completing an ARDS Test, a driver's track knowledge and skills are still very raw, and our pre-test and pre-race courses are designed to support drivers through these very important milestones. The pre-test course is designed to help drivers further develop their skills and track knowledge as well as getting used to having faster cars on track with them. Also, it is quite rare for a driver's first race to be on the track that they took their ARDS test on, so quite often a completely new track needs to be learned. The pre-race course takes drivers stage by stage through how a race weekend will run and gives them practice of qualifying, starts, and racing whilst at the same time refining their technique.

To find out more or to book a session please get in touch and we'll get back to you:

PHONE  
**01327 856 872**

EMAIL  
**INFO@IZONEPERFORMANCE.COM**

EMAIL  
**WWW.IZONEPERFORMANCE.COM**