

# 15 Seconds exit

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Regulation B.4.1 states that all occupants of a Solar Car must be able to exit the vehicle within 15 seconds in the case of an emergency. This skill has to be shown to the scrutineers at Hidden Valley Raceway during scrutineering.

To help our drivers and navigators achieve this I ask them to daily do the following.

1. Imagine you are in SS Kelly in the supine position with the five belt harness done up.
2. An emergency occurs
3. Go through the motion of quickly releasing the belts from the central clasp
4. Move your hand just above your head and open the hatch on your side
5. Push the hatch right up and at the same time lever yourself to an upright sitting position.
6. Now quickly exit the car.

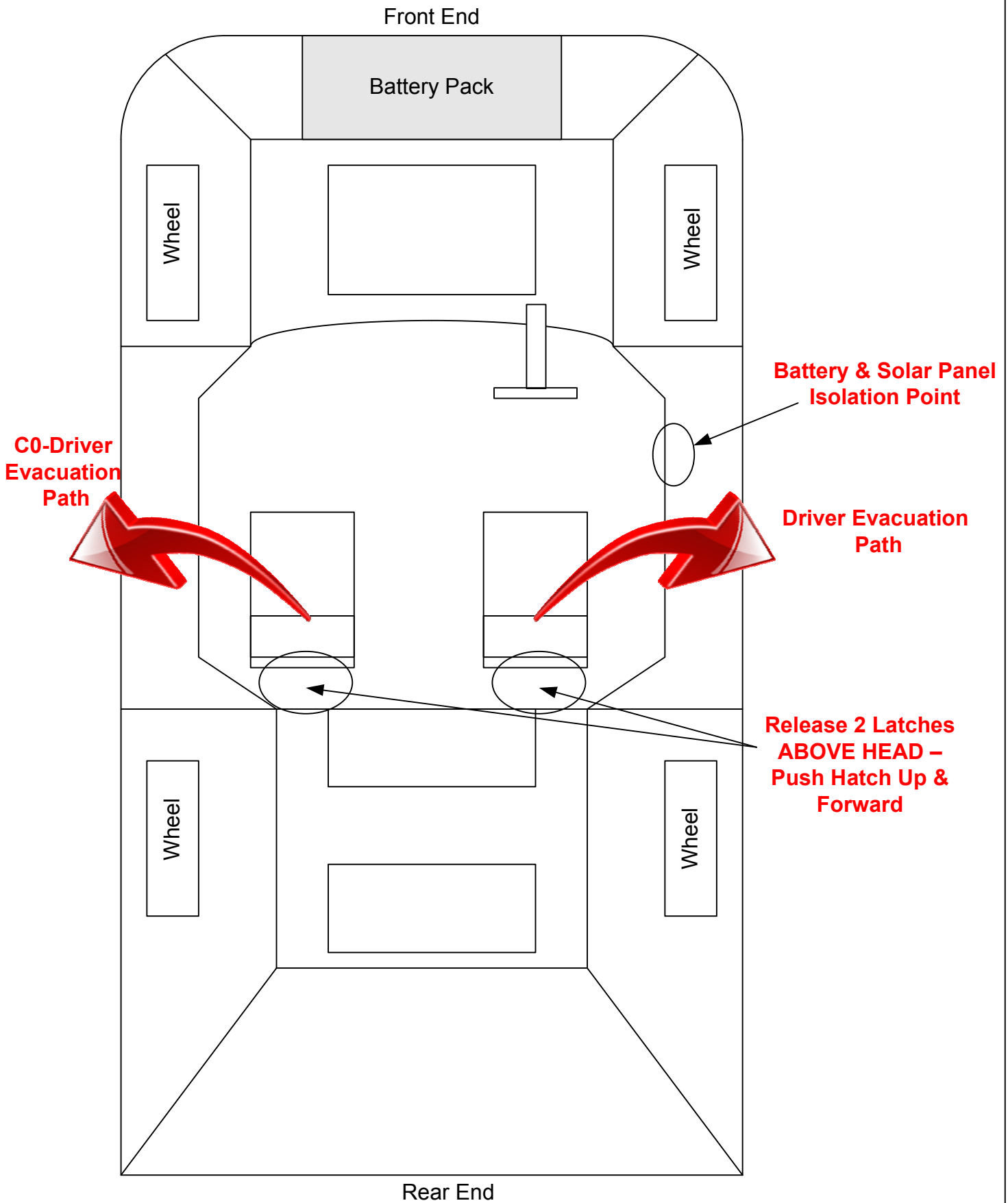
At scrutineering we are allowed to have team members alongside Kelly to catch the hatch as you fling it open so no damage to it can be done.

If you continually visualise this process each day you will find that your speed of exit will improve and the action will become second nature to you.

This method of visualisation has been used successfully by AFL Coaches, National Basketball Coaches and many other sports with their players. It is also used by various educational bodies in teaching typing and other skills and has been found that while actually doing the task everyday is best the method gives improvement in most cases, if applied correctly, between 95 to 98% compared to actually doing the training with the equipment.

I ask you to give it a go as passing scrutineering depends on each one of you exiting Kelly in 15 seconds if called upon by a scrutineer at Hidden Valley Raceway.

Kelly – Emergency Driver & Co-Driver Evacuation



Note:- Driver and Co-Driver to evacuate in 15 seconds un-aided

Drawn By: Ian Rowley Date: 21-9-09	Revision Date Notes	Vsn: A	Kelly - Emergency Evacuation Details
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