

# RMVR Corner Worker Equipment List

## *☞ Required Equipment*

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- White cotton shirt and pants or coveralls – “Whites” are the standard protective uniform of most race organizations worldwide. They provide ready identification, a neutral background for flags, and help reflect summertime heat.

Shirts/coveralls must be long-sleeved for burn protection. Cotton is a good choice of material since it will not burn as readily as artificial fabrics nor melt to burned skin. It also has the benefit of breathing on hot days and is generally warmer on cold ones. Many workers wear coveralls or overalls a couple sizes too large so they can layer under them in inclement weather. Painters pants are cheap and have lots of pockets.

New corner workers may wear neutral color clothes (jeans and a long-sleeved shirt or the

equivalent). They are strongly encouraged, however, to pick up a set of whites. Red, yellow, bright blue, and black are flag colors and are *not* acceptable.

- Fire-resistant leather or Nomex<sup>®</sup> gloves – Race cars have hot, rough, sharp, and dirty parts that may injure an unprotected worker. Leather gloves are good; Nomex<sup>®</sup> gloves with leather palms are the best. (Old driving gloves work well!)
- Comfortable, sturdy boots or sneakers – A good leather work boot is often the choice of workers as it provides support, traction, and protection from hot car parts and local vegetation. No sandals or light-weight “street” shoes are permitted.

## *☞ Strongly Suggested Equipment*

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- Hat – Shade at a corner station, if it even exists, is at a premium. A good baseball-type hat will protect your head and shield your eyes from the sun. Hats with wide brims offer greater sun protection but are difficult to wear with headphones.
- Sunglasses – Be sure your sunglasses allow for the true color of cars to be seen. Some sunglasses block blue light wavelengths and will turn a blue car into a green car.
- Ear plugs or other hearing protection – Race cars are noisy! Ear plugs normally can be found on the equipment van.
- High SPF sunscreen (lots!) and lip balm
- Extra layers of clothing, such as a sweatshirt or jacket – Neutral colored, and no nylon. We predominately race in Colorado where the weather changes by the minute. Cotton and wool are flame-resistant; nylon and polyester are not.
- Rainsuit/poncho – Any white, clear, or neutral color rainwear is acceptable.
- Whistle with lanyard and break-away clip – The louder the whistle the better so it attracts the attention of other workers and spectators. Some sort of clip should be attached to the lanyard and to a

part of your whites. This allows the whistle to break free if caught while you are attending a race vehicle.

- Small notepad and pencil – Useful for writing down car numbers and colors.
- Cooler with drinks – Water is provided at each station but additional liquids, including electrolyte-replacement sport drinks such as Gatorade<sup>®</sup>, are recommended. Dilute them with water 1:1. Sugared drinks are not recommended because consuming sugar when your body needs water will cause the water already in your body to be used to metabolize the sugar causing further dehydration. Alcoholic beverages are forbidden until all official racing activities are ended each day. Remember, race day starts at 12:01 AM!
- Track bag – A reasonably waterproof bag or backpack to hold your items while at the corner.
- Toilet paper – Portable toilets can run out of toilet paper.
- Small first aid kit – Include non-narcotic pain-killers, Band-Aids<sup>®</sup>, etc.
- Insect repellent

### *☞ Optional...but often nice to have:*

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- Folding chair
- Spare socks – If your feet get wet...
- Trauma shears – For cutting seat belts and other miscellaneous items.
- Multi-tool (such as a Leatherman) or small tool kit
- Small spray bottle filled with water – for really hot days
- Scanner with headphones
- Extra bungee cords for the tarps
- Duct tape
- AA batteries (when the scanner goes down and no van)
- Camera
- Snacks that do not melt and can be shared
- Small towel
- Rope or nylon tow strap (10–15') for pulling small formula cars off the track
- Watch and/or stopwatch

### *☞ Over-the-Top Items (suggested by some very serious workers)*

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- Hammock
- Salt & pepper, hot sauce, other necessary condiments
- Silverware
- Portable table(s)
- Windsocks/flags/kites
- Personal flags
- Radio/CD player
- Personal conveyance device such as a scooter, GoPed, bicycle, Segway, or whatever
- Portable shade/shelter structure
- Beer cooler for after-race refreshment
- Shorts, fresh shirt, sneakers/sandals for after-race relaxation

### *☞ Sources*

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RMVR is now selling white, long-sleeved cotton t-shirts with the RMVR logo on them.

“Whites”:

- Shepler’s
- military surplus stores
- discount stores such as WalMart or K-Mart; also Costco or Sam’s Club
- thrift stores
- paint supply stores (painter’s pants)

Gloves, whistles, rope, trauma shears, rain gear, etc.:

- military surplus stores
- Sportsman’s Warehouse
- Campmor catalog ([www.campmor.com](http://www.campmor.com))
- eBay