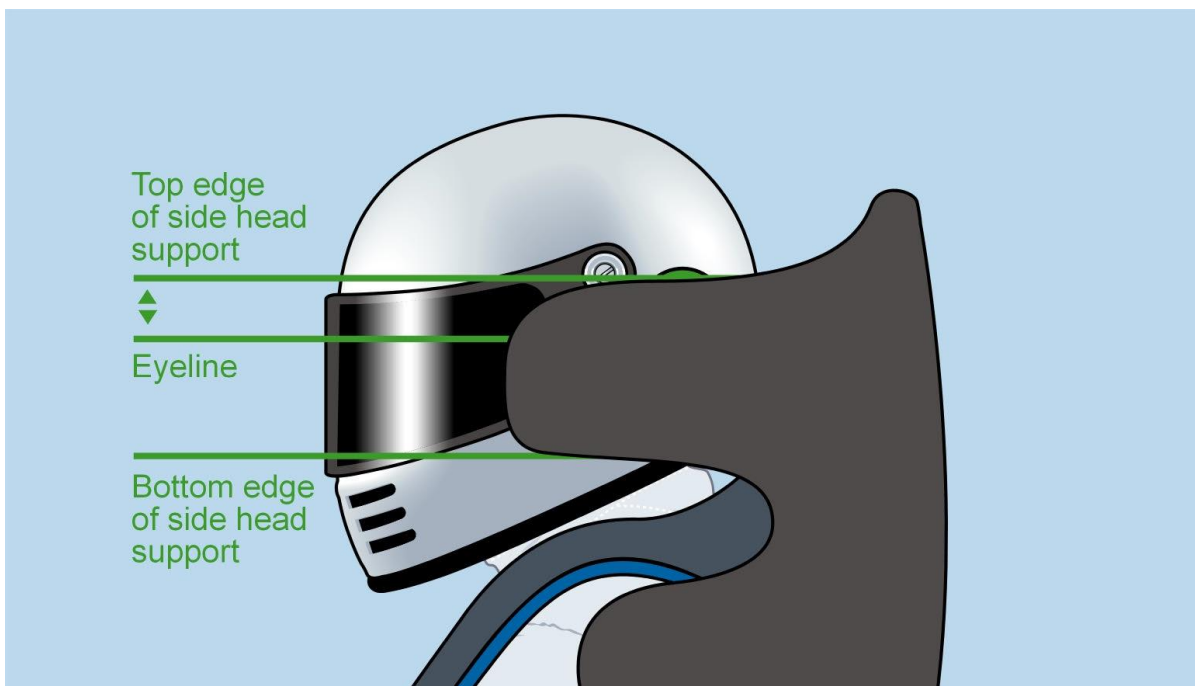




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In GT and touring cars, as well as rally, rallycross and cross country cars, it is essential that drivers and co-drivers are positioned correctly in the seat, as this can play a key role in preventing injuries during serious accidents.

To ensure that seats provide the most strength and support, competitors should follow the best practice for installation of seats homologated to FIA Standards.



We encourage you to share this information with your technical delegates, scrutineers and competitors.

To assist you we have provided the following post for your social media channels (along with [this image](#)) so that your motor sport communities are aware of this important information:

In racing and rallying it is essential that competitors are positioned correctly in the seat, as this can prevent injuries during serious accidents. You can find the best practice guidelines for competitor installation here: bit.ly/competitorinstall

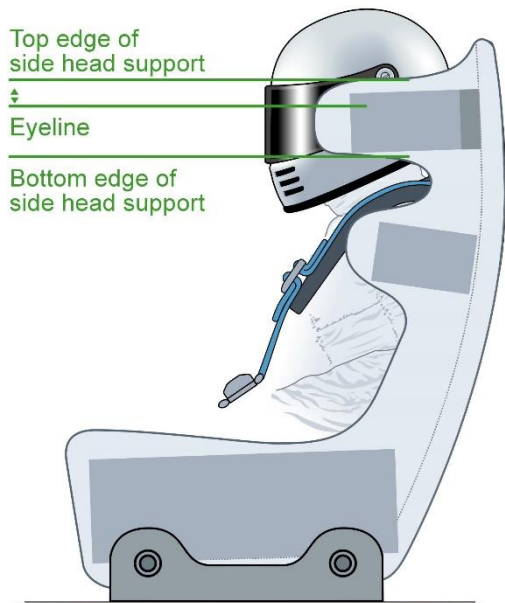
#FIAVisionZero

We have also drafted the following article, which we encourage you to publish on your websites, magazines and newsletters, along with [these images](#).

FIA Calls for Drivers and Co-Drivers to Check Seat Position to Prevent Injury

The FIA is calling for drivers in GT and touring cars, as well as rally, rallycross and cross country cars, to always check they are positioned correctly in the seat, as this can play a key role in preventing injuries during serious accidents.

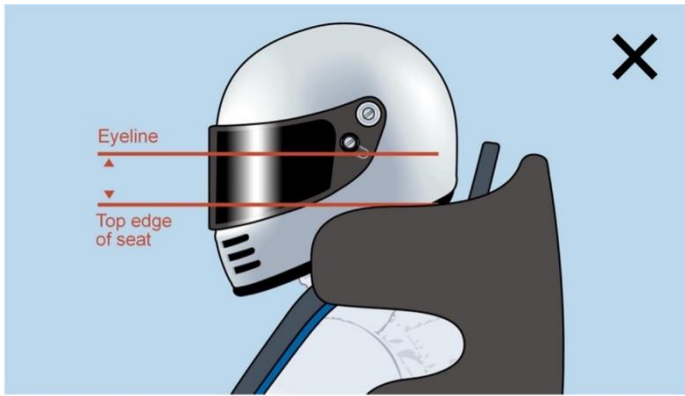
To ensure that seats provide the most strength and support, competitors should follow the best practice for installation of seats homologated to FIA Standards.



When seated in racing position, the pelvis, shoulders, and head must be supported comfortably by the seat by following these three steps:

1. Eye line must be below the top edge of the side head support, and above the bottom edge of the side head support.
2. Shoulders must fit within the side shoulder support of the seat.
3. Pelvis must be adequately supported by the side pelvis support.

If the driver's helmet is too high in relation to the seat head support, the seat may not provide lateral and rear support to the helmet in the event of a crash.



The FIA has warned that officials can deny participation in a competition if the driver and/or co-driver are not seated in the correct position, through checking compliance with the [FIA International Sporting Code under Appendix J](#) (Articles 253.16.1.1 and 283.20.1.1), which regulates the seating position as described above.

FIA Safety Director Adam Baker: “Real-world accident cases highlight the importance of competitor installation in the cockpit for the prevention of serious injury. We are encouraging drivers and co-drivers worldwide to follow these steps to ensure the correct seating position.”

FIA Safety Department