

Velocity Frequently Asked Questions

What can I expect from my 1 hour session on the Velodrome track?

There are up to 15 riders on the track (x3 teams) at the same time, for 1 hour's duration. You will be given a set of skills to learn by the coach. Each rider will be provided with a bike and helmet. You need to advise us on arrival of each team member's height details. There is a progression pathway for younger/first time riders.

Do you cater for riders with a disability?

We can accept riders with learning and other disabilities, but they must be able to ride a two wheeled bike, and the coach must be able to communicate with them, and for the coach to be satisfied that the riders has understood the instructions given. Please let us know in well in advance of any riders with disabilities.

Do you have a minimum age and maximum age?

Minimum age is 12 years, but they must also be able to sit safely on our bikes, the smallest Dolan bike size is 39.5cms. Riders 70 years plus regularly ride the Velodrome – if you are in your 80's then you need to check with the National Cycling Centre before you book.

Can I use my own bike on the Velodrome track?

We will be supplying each rider with track bike to use, at no additional cost. However if you would like to use your own bike, please check with the National Cycling Centre website FAQs section to make sure it has the correct specifications:

<http://www.nationalcyclingcentre.com/p/frequently-asked-questions>

What clothing do I need for a taster session?

You need to wear two tops, a tee shirt and cycling top or two tee shirts. Cycling shorts or running shorts and trainers are ideal. We provide helmets. If you have track mitts, please wear them.

What is the routine on arrival?

Please arrive, as a team and ready to ride, **45 mins** before the start of your session. Inform the staff at the reception area that you have arrived, and collect your Limar helmet. Please do not walk in these cycling shoes; put them on when you are in the riders D.

Collect your bike and sign the attendance register on the coach's clipboard on the table in the riders D. The coach will give you all the safety and riding instructions for you to enjoy your cycling on the track.

Why do the riders go anti clockwise?

The Chariots in Roman times raced this way round, and athletic races and most other sports have followed in the same direction.

What Public transport is available to the Velodrome?

Bus routes appear on our website – nationalcyclingcentre.com on the downloadable map thus:

http://www.nationalcyclingcentre.com/static_info/map.pdf

What are the Track Safety Guidelines and Rider conduct?

The session Coach should stress the need for safety and good practice with the riders under their charge at all times. The following notes are for guidance and should be followed by the Coach as well as the riders:

Do not eat within 2 hrs of a training session.

Riders must not spit or clear their nose onto any surface within the Velodrome. It costs £8.00 in time and materials to clean up bodily fluids on each occasion. If you are feeling sick please remove yourself from the track area if possible, as the session may be cancelled if any part of the track area is contaminated, and needs specialist cleaning. Riders must not eat or chew gum whilst on the track, and must dispose of any gum appropriately.

Track mitts must be worn to reduce injury risk on any contact or impact – and can also be used to wipe your nose! If you have a rear pocket in your jersey, take a handkerchief or tissue with you to clear your nose or throat, and be careful when you take your hand off the bars!

Riders should wear two layers of clothing above the waist. If you are hiring Velodrome shoes you must wear socks, and it is good practice anyway as it prevents chafing. If your helmet has a peak fitted, it must be removed. No other fixings to helmets are allowed, including light(s), cameras and mascots. Cleats should be unworn and in good clean condition. When not on the track riders should wear warm clothing.

Riders must not ride up or down on the ramp, must not ride in the riders “D” or on the track centre floor. No drinks are to be consumed or taken onto the blue safety zone – keep them on the ramp or in the riders “D”.

Do not walk from the riders “D” to the changing rooms in cycling shoes.

Riders should not ride outside the Velodrome and then bring the bike back in as this brings more dirt onto the track surface.

Can I take photographs or images of activities at the NCC?

If you are a hobby photographer, you may be able to take photographs of some sessions. Whether hobby or professional, you cannot take images of children (under 18) vulnerable adults or Team GB. If you are a professional, there will be a charge applied. All photographers need to complete a filming or photography request form in reception. Any activities filmed need permission from all the participants.

How will you know how the distance that our team will cover around the track?

Each individual rider will be given a transponder chip to wear around their ankle. This chip will track the individual cyclist's distance travelled. The total team distance will be calculated by adding all five riders distance together, to give the total team distance.

How do I book a taster session before the event?

You will need to arrange any training sessions directly with the National Cycling Centre. You can contact them through the website at: <http://www.nationalcyclingcentre.com>

Please note most weekend sessions are booked into February 2013. However there is still availability in the weekday slots.