

## **What are the Track Safety Guidelines?**

The session Coach will stress the need for safety and good practice with the riders on the Taster session. Safety is their first priority. The coach is trained, accredited and insured by British Cycling, and holds a current First Aid qualification. For safe track cycling, the coach will advise you of the minimum speed you need to achieve, and the techniques needed to stay safe. The following notes are for your guidance:

Any first aid requirements will be assessed by the coach, who will then contact the Duty Manager who will decide what intervention is required.

Do not eat within 2 hrs of a session.

Riders must not spit or clear their nose onto any surface within the Velodrome.

Track mitts should 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 must not eat or chew gum whilst on the track, and must dispose of any gum appropriately.

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 not show any wear, and be in good and 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".

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

For details of the Manchester Velodrome bike specification, please see separate sheet, available in reception or on our website. We also have a Frequently Asked Questions download. If you are using your own bike for a session, you MUST read the specification to see that your bike conforms.

- Recommended gears for novices, and all riders on taster sessions - 84" gear adults, 72.6" for 9 -12 year olds.
- The gearing on Velodrome hire bikes range from 72.6" (44 x 16) to 83.59" (50 x 16), and if you are using your own bike on a Taster session, you must use similar gearing, and not above 88" if riding an SQT. There is a gear chart on the wall of the ramp.