

Velodrome Rules for all Hamilton Pine Rivers Wheelers

For the safety of you and your fellow riders, we require everyone who joins us on the velodrome to read, understand and agree to the following rules.

Generally we do not have exclusive use of the velodrome. However, if all of our members obey the basic rules listed below, track riding will be more enjoyable and safer for all concerned. Cooperation and communication are vitally important during shared track use training sessions

The SAFETY of yourself and others comes first at all times.

Be conscious of and concerned for the safety of your fellow cyclists by being careful to hold your line at all times and avoid erratic and dangerous riding. Be courteous to other users of the track and be conscious of your duty of care to others.

Know who's responsible for the session and follow their instructions at all times. If you are unsure about anything, ask.

Do not have sprints or other competitions unless specifically organised by the session coordinator/Coach and always ride within your capabilities.

Wear appropriate protective gear - an approved helmet to be worn at all times while riding. You should also wear gloves to protect your hands in the case of a fall and an undershirt should also be worn for the same reason. Appropriate glasses should also be worn

Check your bike and ensure it is roadworthy before the session begins. If your bike needs attention, fix it straight away. Pay particular attention to cleats and straps. If Tubular tyres (Singles) are being used they are to be correctly installed – stiff penalties are enforced if they are not. Junior riders are personally responsible for correct gear restriction.

Do not stand or wait near the bottom of the track. If you are inside the fenced area wait for assistance or your turn to do a drill on the paths leading on to the velodrome or on the pad in the centre of the velodrome. Enter the racing surface from the inside /apron/duckboard of the track. Look before crossing the track. Never cross the track while a race is in progress.

Know your warm up track rules before participating in a track event. Ensure that you are aware of where faster riders warmup on the track and where slower riders warmup.

Do not "park" on the inside of the velodrome at the fence for any length of time as this causes interference with other riders.

Have your handler/holder organised well in advance and make sure they are around when your turn comes. If at a handicap race have your pusher organised well in advance, know your handicap mark and be at your mark with your handler in enough time to not delay proceedings

Never ride more than two abreast on any track at any time.

Let your fellow riders know about any health problems you may encounter on the ride and what procedure should be followed if they occur (e.g. many of our riders are asthmatic so don't be afraid to let on).

Bring enough water/fluids for the session as you tend to dehydrate more at the velodrome.

Remember that there are inherent risks in cycling. By cycling with the Hamilton Pine Rivers Wheelers you agree that you're cycling at your own risk and will be entirely responsible for your own safety.