



Track Protocol

1. Your bicycle must be in a safe and serviceable condition.
2. Correct protective headgear must be worn at all times on the track.
3. Before opening one of the gates and crossing/joining the track, look and check that it is safe to do so, giving priority to those already on the track.
4. While on the track, check clearance to other riders, especially overtaking riders and always look behind you before changing your line.
5. When moving out from the front of a 'string', only reduce speed after your manoeuvre is complete. This will prevent the rider behind you suddenly overlapping your rear wheel and crashing as you move out.
6. Never overlap the wheel in front of you.
7. If you get a puncture or other mechanical trouble, try to hold your position on the track and hold a hand up, allowing other riders to pass you until it is clear for you to leave the track.
8. Free-wheel and fixed-wheel bicycles will not be mixed in the same session unless the fixed-wheel machines are fitted with a brake.
9. Specific 'Derny' protocol will be given at the start of all 'Derny' paced training sessions.
10. All riders, coaches and assistant coaches **must** sign the attendance sheet.

If you are a track novice please make yourself known to a coach

Please do not go onto the track until 8.15pm