

# Preparing for a Velodrome Taster or Club session

NATIONAL CYCLING CENTRE  
HOME OF BRITISH CYCLING



## ***Minimum age and health requirements?***

All riders must have the ability to ride a two wheeled bike unaided, and sufficient fitness and health to ride for the session you have booked. 12 years old is the minimum age for a Taster session, 9 years old for a Family Taster session, or Community Youth session. There is likely to be a mixture of adults and children on any session. You will need to complete a health questionnaire before you book onto a session.

## ***Our Dolan track bike hire fleet***

You need to advise us in advance of your height and inside leg measurements. Most of our Dolan bikes are fitted with Look Delta pedals, so you can use your own shoes if they have Delta cleats (and are clean). Look Keo cleats feel like they fit, but they do not engage when pressure is applied to the pedals, so cannot be used. **Under no circumstances can you fit your own pedals on our bikes.** Anyone attempting to do this will be asked to leave the session. Our smallest bikes are 15 ½ inch frame size (39 cms), and these bikes all have platform pedals, not Look pedals.

## ***What is the routine on arrival?***

If you arrive early, you can go the upper concourse and watch other sessions. The cafeteria is open each weekday between 8:00am – 8:00pm. Be ready at least 20 mins before the start of your session.

Inform reception you have arrived so they can mark your name off, and collect your Limar helmet if you are not using your own, (and Lake shoes if you have hired them @ £4.80 per session). Do not walk in any cleated cycling shoes until you are in the riders D. The changing rooms are down the corridor on the right of reception, and the lockers are down the corridor on the left of reception.

Proceed down the steps from the lobby area, and when on the ramp, turn left to collect your bike if you have booked one, from the bike racks on the ramp (it will have a label with your name on it), Sign the attendance register on the coach's clipboard on the desk in the riders D. The coach will give you all the safety and riding instructions for you to enjoy your cycling on the track. If you are going to be late, or not arrive, please phone reception on 0161 223 2244 (option 3).

## ***What can I expect from a taster session?***

You will be riding with up to 15 other riders on the track 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 (with no brakes and a fixed wheel) and helmet.

If you are experienced, and want to do free riding, please inform the coach.

## ***Is there a skills Progression pathway?***

The Taster session can be the first part of progressing through to gaining Velodrome track accreditation. Inform the coach of your current skills, and they can advise how to progress. This is explained further in another leaflet. It is unlikely that a blue slip is achieved on the first Taster session, but ask the coach to explain the process so you can practice the skills.

## ***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. Singlet vests and bare shoulders are not allowed. Cycling shorts or running shorts and trainers are ideal, or you can hire our Lake cycling shoes @ £4.80 per session, in which case you must wear socks. We can provide you with a Limar helmet for the session if required. If you are wearing your own helmet, read the Safety Guidelines overleaf, and remove the peak if fitted. If you have track mitts, please wear them. If you are wearing long trousers or tracksuit bottoms, they need to be tucked into



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your socks. If they won't tuck in, ask reception for a rubber band to act as a trouser clip for your right leg. Do not change clothing in the riders D – use the changing rooms.

## *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".

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.

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.

