

General Information

Please read the information below carefully every time you come to the velodrome - we will regularly update this based on our experience of restarting sessions and any new guidance we receive. We are doing everything we can to keep our users and staff safe as we restart sessions. We need your help too so that we can stick within the rules and guidelines laid out by the Government & British Cycling and most importantly protect others by not contributing to the spread of the virus.

Before You Come to the Velodrome

- If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you must stay at home. We will move your booking to a future date of your choice free of charge.
- Wash your hands before leaving home and bring hand sanitizer with you
- Please use the toilet before you leave home. Our toilet facilities will be open, but riders are advised to take particular care when using them. Please let staff know if you have used the toilet, so they can be cleaned for others.
- Please arrive 5-15minutes before your session is due to start. Riders shouldn't congregate before the start of their time slot.
- If it's a track session and you need to get your own track bike from the shed you must arrive on time as the container area will be locked once sessions have started.
- If it's a road bike session you must bring your own road bike.

When you are on site and during your session

- Maintain social distancing (1m+) from all other on site (other than those within your household)
- Wash your hands regularly or use hand sanitizer as you enter and leave the site and the building
- Ride within your personal physical and technical limitations to try and avoid additional burden on the NHS and the first aiders present
- Try to minimise touching any surfaces on the site
- No physical contact – No hugs, high-fives, hand shakes, etc. except with people in your own household
- Do not share any mobile devices, equipment, food or drink with others
- Spectating is discouraged. Where attendance of a parent/guardian (nonparticipant) or a carer for a rider with a disability is required, social distancing should be strictly observed while watching the activity

When you leave the Velodrome

- Remember to take all your belongings home with you, including any rubbish
- Please leave the site as soon as possible after finishing.
- Wash your hands when you return home

- If you develop any COVID-19 Symptoms after your session please notify us by emailing info@hernehillvelodrome.com

Thanks for reading and we hope you enjoy your session. We're continually working to improve the sessions we can offer while keeping everyone safe. As we are able to put more controls in place to reduce the risks we will increase what we can offer participants.

Racing information below...

Racing Information

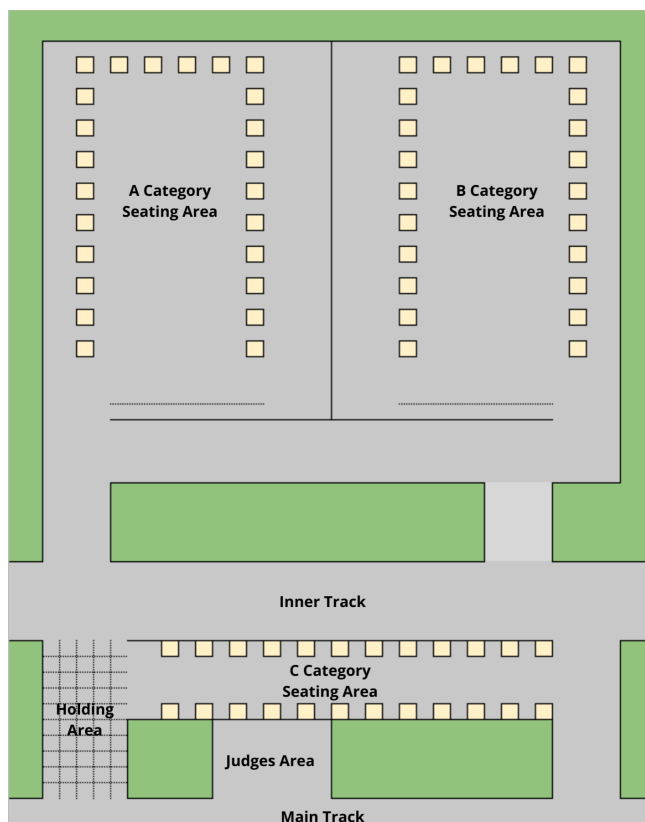
Racing

Under British Cycling's latest regulations, all races must be capped at a 15 minute limit. This still allows us plenty of opportunity to race, but just no 20Ks!

To ensure a safe transition back to racing, we will run a slightly simpler race programme. Please note that we will not be running any timed events this year

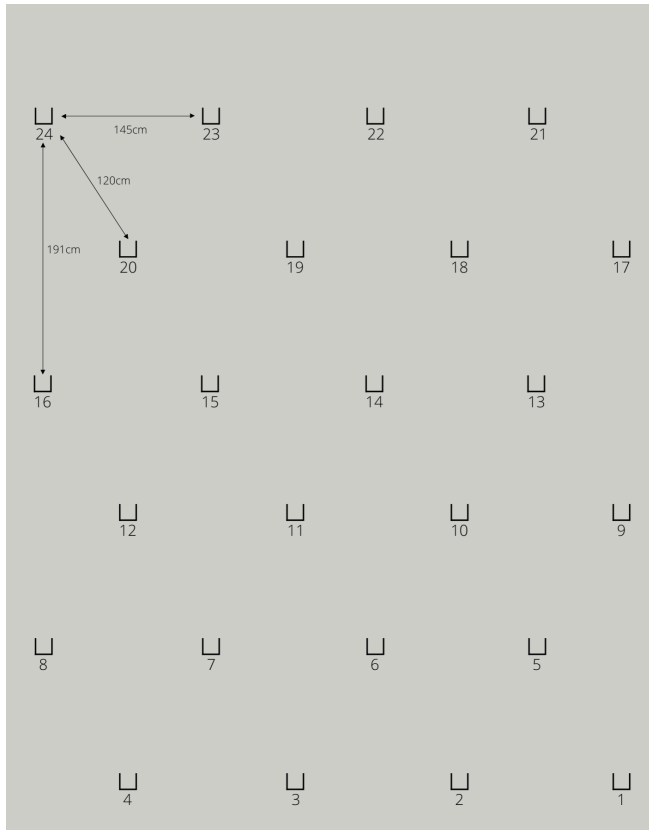
Seating Area

In between races the 3 categories will be separated as detailed below. Each will have their own chair, socially distanced from everyone else. Please do not enter the seating area of another category and do not touch the chair / property of any other rider. There can be no sharing of equipment / food etc between riders. Each category will be assigned a member of staff who will be in charge of moving them around the site; from the seating area to the holding area, from the holding area to the Main Track etc. The member of staff will also ensure social distancing is adhered to whilst riders are in the seating area, holding area and Junior Track.



Holding Area

For the holding area we will use a Formula 1 style grid system to ensure that riders maintain a safe social distance. The grid will operate on a first come, first served basis, with riders filling up the grid from the front backwards. Most, if not all, races will just roll out of the holding area, likely into a neutralised rolling start. This is where riders will receive their race briefing. It is highly important that riders stick to the grid markings and stay socially distanced at this point. If you breach social distance measures and stand less than 1 metre away from another rider, your 15 minute clock effectively starts ticking.



Junior Track

Riders are allowed to use the Junior Track but only **after** their race for a warm down, and not before their race for a warm up. You can also only use the Junior Track with your own category. Whilst using the Junior Track all riders will have to maintain social distance as this will be outside their 15 minute window - so no bunch riding, please stay really spread out, otherwise you will be asked to sit down.

Sign on

All entries will be online via British Cycling. There will be no entries on the day. There will be no formal sign on as such, please just come to your specific seating area to collect your race number. You will be issued with a race number that you keep for the entire league, so please remember to bring it for the next race.

Judging / Results / Prizes

To aid with social distancing, we will not be using our usual volunteers on the judges stand. Instead we will have one member of staff with their phone to record photo finishes and a spreadsheet to log the results. Please note, providing safe and fun racing is our main aim. We will do our best to record accurate results, but please be understanding if we are not perfect. There also may not be any overall prizes this year

Spectating

Spectating is allowed, however all spectators will have to maintain social distance, spreading themselves out along the homestraight using the bleachers, grandstand and additional benches provided. **Only racers are allowed in the track centre.**

Toilets / Changing Rooms

Toilets will be available, but changing rooms will be closed