



Track Rider limits at LVVP

- Coach/rider ratio: unaccredited riders 1:16 for club sessions, in accordance with British Cycling guidelines and insurance.
- Coach/rider ratio: accredited riders 1:20 (see note 1)
- Maximum track limit accredited riders: 24 (with 2 trackside coaches)
- Maximum number of riders per session: 16 x number of hours in session (e.g. 3 hours = 48)

Notes:

1. If a group contains both accredited and unaccredited riders, it will be treated as an **unaccredited** session.
2. Spectators and guests are not permitted in the track centre but may watch from the stands and main concourse.

Track bike specification

- Only purpose made track bikes may be ridden on the velodrome track.
- The bike must be in good condition and undamaged
- The bike must be the correct size for the rider
- The bike must have a fixed wheel drivetrain
- 165mm or 170mm cranks with 280mm (11") or greater bottom bracket height (measured from floor to centre of bottom bracket)
- Frame must not have braze-ons or extraneous fittings
- Frame must have track ends
- Tyres/tubulars must be in good condition
- Tyres/tubulars must be 21-25mm wide
- Tyres/tubulars must not have coloured tread
- Tyres/tubulars must be cleaned before entering the track
- Michelin tyres/tubulars or other dual compounds are not permitted
- Tyres/tubulars must be correctly inflated to the manufacturer's specifications
- Tubulars must be correctly glued and not taped
- New tyres/tubulars must be cleaned with white vinegar or isopropyl alcohol prior to track use. Tyres that have been used outdoors must be cleaned with a damp cloth and dried before riding the track.
- Wheels must be of the same size front and rear
- Wheels must be spoked (not disc) for all taster and accreditation sessions
- Handlebars must be drop bars and have bar tape/grips and bar-ends (aerobars are permitted only in specific sessions)
- Brake levers or callipers must not be fitted
- Spare sprockets must not be fitted to double sided hubs
- Quick release wheel axles are not permitted
- Wheel axles should not extend beyond the track nuts
- Mandatory gearing for all riders on taster sessions - 84" (47x15 or 50x16)
- Chain tension should be tight enough to avoid derailing but not so tight it 'binds' the drivetrain
- Chain, sprocket and chainring should not be excessively worn
- Devices such as bike computers or digital displays must not be fitted



- Pedals must be either:
 1. Road/track specific clipless pedals with adequate tension and cleats in good condition, or:
 2. Traditional pedals with toeclips and straps.

Other pedal types, including MTB/touring clipless pedals and Velcro strapped pedals are not permitted.

Helmets and clothing for track sessions:

- Helmets must not have peaks
- Helmets must be correctly fitted, in good condition and display CE markings
- Close fitting clothing appropriate for physical activity must be worn
- Mitts/gloves must be worn
- Wear two layers on upper body
- Shoulders must be covered
- Do not carry anything in pockets
- Remove watches and bulky jewellery
- Cycling skinsuits or padded bib shorts worn with cycling jerseys are recommended