



Portsmouth School of Cycle Racing www.psocr.com

Our Track Circuit Safety Rules

All parents & participants must agree to follow these rules:

- No one allowed on the track / circuit or circuit without a coach in attendance
- No one allowed on the track / circuit or circuit without having pre-registered, [paid](#) & signed on
- All participants must wear a helmet and appropriate clothing for the conditions when cycling or when on the track / circuit i.e. be like the professionals:
 - Under 16 Degrees Celsius – No Bare Arms or Legs, Short Fingered Gloves
 - Under 8 Degrees Celsius – Long Fingered Gloves
 - Under 4 Degrees Celsius / Wet Weather – Windproof top & Overshoes
 - No dark glasses if floodlights are being used
- If you arrive late, you must wait for a coach to say it is OK before coming on to the track / circuit
- Only join (and leave) the track / circuit by the gate (parents, please meet your child before they ride past gate, not after)
- LOOK LEFT BEFORE YOU ENTER THE TRACK / CIRCUIT!
- BE QUIET WHEN THE COACH IS TALKING AND ALWAYS LISTEN
- Only ride round the track / circuit anti-clockwise
- Give way to riders already on the track / circuit
- Give way to riders going faster than you. The BLUE line separates fast and slow groups. The slower you are, the nearer to the outside of the track / circuit you ride - especially in the home straight
- Do not overtake between a rider and the fence/outside of the track / circuit if they are less than 2m from the fence/outside of the track / circuit
- If you need to stop, leave the track / circuit by the gate and do whatever you need to do when off of the track / circuit - DO NOT STOP IN THE HOME STRAIGHT TO - HAVE A DRINK OR A CHAT!
- Keep your hands on the bars at all times unless instructed otherwise by the coaches
- Take extra care in the home straight – do not sprint past your parents – look ahead & anticipate riders stopping to leave the track / circuit or riders joining
- If an accident happens and you are involved, try to stay where you are until all riders have passed and then leave the track / circuit if you can
- If an accident happens and you are not involved - DO NOT STOP! - make others around you aware and move up above the Blue Line - notify one of the coaches and they will then respond accordingly
- Parents must not come on to the track / circuit unless directed to do so by the coach. (In the unfortunate event that there is a crash, please make a coach aware so that they can take the appropriate action)

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Chairman: Jon Belfield - Little Hoe Lodge, Rareridge
lane, Bishops Waltham, Hants, SO32 1DX

Head Coach: Guy Watson - 102 Park Lane,
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