

TRACK SAFETY RULES & ETIQUETTE

Riding **SAFELY** and **PREDICTABLY** should always be the **Highest Priority**.

Obey ALL velodrome rules, at ALL times!!!

COMMONLY ACCEPTED rules while riding on ANY Track...

- ENTER and EXIT the track from the **Back Straight** counter-clockwise.
- Except for entering the track from the apron, area below the **Red Line** is for riding **FAST** and **EFFORTS**.
- Area above the **Blue Line** is reserved for **MODERATE** riding and **WARM UP/COOL DOWN**.
- The area between the **Red Line** and **Blue Line** is reserved for **PASSING** only. No prolonged riding should be done in this area.
- One (1) meter from the top of the track is reserved as an **Emergency Lane** and for riders accelerating up to speed attempting **Flying Starts**. The command "**RAIL**" should be announced when riding in this area during a full effort.
- Faster riders are responsible for passing safely and announcing the command "**STAY**" to slower riders.
- Slower riders are responsible for riding in a straight line and allowing faster riders to pass predictably. The command "**STAY**" means **HOLD YOUR LINE!!!**
- Every rider **MUST** always look over their respective shoulder **BEFORE** changing lanes to make sure area is clear of any approaching riders.
- Anyone practicing **Standing Starts** in the sprinter's lane **MUST** ask permission from everyone on the track before you begin. **COMMUNICATE** with other riders on your workout plans and **COORDINATE** drills based on the availability of the track.
- **Motorpacing** and **Scheduled Programs** take precedence over other training activities and you may be asked to clear the track for the duration of either activity.
- **NEVER** ride the track when it is wet.
- Always wear a properly fastened helmet when you are on your bicycle.
NO HELMET - NO RIDING!!!
- **City Staff** reserve the right to deny the use of the track to any rider who does not comply to all of the above rules, as well as, City of Rock Hill ordinances and policies.

Share the track in a safe and courteous manner: Communication = Safety!!!

