

Essex Roads Cycling Club

Trip to Wales National Velodrome, Newport

Sunday 15th April 2012

The club has arranged a track riding session at the Wales National Velodrome in Newport, South Wales. The velodrome is a World Class facility with a banked 250 metre indoor cycling track.

The programme (subject to revision);

- 6am depart from Essex. It's around 180 miles to Newport and allowing for a short stop each way, the journey should take around 3½ hours.
- 10am-2pm Track cycling, under the supervision of a British Cycling qualified track coach (detailed programme will be advised nearer the time). We will take a break for lunch (you will need to supply your own food and drink). The maximum amount of riders allowed on the track at any one time is 15 and track time will be shared if our group exceeds this number.
- 2.30pm depart Newport
- 6pm-7pm (depending on if we stop for tea) arrive back in Essex.

Track bikes (fixed wheel and no brakes!) can be hired there on the day for an additional cost £7.20 (frame sizes 39cm to 60cm). These are fitted with Look Delta pedals which cannot be removed, although they can be ridden with trainers and toe straps. Helmets and gloves are compulsory. Clothes must be close fitting. It is also recommended that you wear two layers on top.

Minimum age 10 (on the day). No previous experience necessary.

Current members only; £20 for seniors and £15 for under 18's, not including transport or bike hire.

Priority given to members until Friday 10th February after which spare places may become available for non-members (£25 for seniors and £20 for under 18's)



Track Cycling Application

I have read the information on this form and the following notes, and agree to my own participation/consent to my child taking part in the sessions. I understand and agree that I/my son/daughter participate in these activities sessions under the instruction of British Cycling and Essex Road CC coaches entirely at my own/his/her own risk. I have considered the nature of such sessions/have discussed them with my son/daughter. I am/my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for my/his/her own safety under the supervision of British Cycling and Essex Roads CC coaches.

Notes

- It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where riders can enjoy developing their cycling skills.
- Riders are expected to remain in the session from beginning to end, unless they have to leave early. If the rider has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any riders who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is your/the parent's/guardian's responsibility to ensure that your/his/her child's bike is in a safe condition to ride. **All riders must wear an approved cycling helmet and gloves at all times during the sessions.**

Please ensure you make a note of any medical conditions you/your child has/you feel the coach should know about below.

Details of any relevant medical condition(s);

If you have any concerns about you/your child participating in any form of physical activity, please consult your GP before taking part/giving permission for your child to take part in the coaching sessions.

Name;		Date;	
Age;	Membership number;	Email;	
Signed;			
To be signed by parent/guardian if under 16;			
Please indicate if you will arrange your own transport, are able to offer a lift or require transport (cost to be advised).			

**Return the second part of this form, with payment to;
ERCC, 42 Porchester Road, Billericay, Essex, CM12 0UQ or bring along on Wednesday evening**