

Riding safe should always be of the highest priority.  
Always ride as if the other riders on the track have the right of way. Always be polite and friendly and others should treat you the same. Obey all velodrome rules, at all times.

-----  
**Unwritten rules of racing and training on the track** (any track)

- The faster rider is responsible for passing safely.
- Slow riders are responsible for riding in a straight line and allowing faster riders to pass predictably. Never “get out of the way” of a faster rider. Maintain a straight line.
- Except for entering the track from the apron, the area from the pole line to the stayer’s line is reserved for fast riding.
- Over the stayer’s line (really, you should be at the middle seam in the concrete) is reserved for slow (or recovery) speeds.
- (1) One meter from the top of the track is reserved as an Emergency Lane and for riders accelerating for flying starts.
- Turn your head in the direction you will be turning and glance back to see as far as you can. If clear, you may gradually move up or down the track, paying attention to where you are going and being careful of over taking traffic at the same time.
- As you approach a slower rider with their head turned in the direction you want to pass, sound off with the command “STICK” or “STAY” in order to make the slower rider keep from turning into your passing lane.
- If you hear the command “STICK” or “STAY” -- ride a straight line (parallel to the pole line). If you are maneuvering and hear “STICK” or “STAY”; correct your line so that you are riding a straight line (parallel to the pole line).
- If you are going to practice standing starts in the pole lane, ask permission from everyone at the track before you begin.
- Never ride more than two abreast while going slow in non-race situations such as warm up and group training.
- When on the bottom of the track, it is always best to pass slower riders “over the top”.
- As The Group Health Velodrome does not have a tunnel or bridge for infield access, always stop and check the ability to cross the track safely before doing so. On race nights, only cross between races – never while a race is underway.
- Never ride the track when wet.
- Always wear your helmet when you are on your bicycle.

