

## TRACK RULES

1. **The use of the track is only authorized in the presence of a responsible person** (supervisor or instructor) **designated by the World Cycling Centre.** This person ensures that the sessions proceed correctly. **The user must always listen and follow the remarks of the responsible person who may - as the WCC Management - exclude a user for violation of these regulations or in the case of inappropriate behavior.**
2. **The World Cycling Centre declines any responsibility in the event of an accident and/or other damage. The user is required to have the necessary insurance.**
3. Every user makes a commitment to respect all areas and provided equipment.
4. **Every user must be in possession of a track bike (without brakes, with fixed-gears) equipped with cleat pedals and a traditional handlebar (unless otherwise authorized by the WCC Management). The bike must be in perfect working order.**
5. **Helmets are compulsory, gloves are recommended.**
6. Up to 50 experienced cyclists may simultaneously ride on the track. The supervisor or instructor can at any time reduce access to the track if they consider it necessary.
7. All riders must ride in an anticlockwise direction.
8. **Before going onto the track, you must ensure that it is available and safe to enter.**
9. **Always overtake on the right.**
10. **You may only change line after having checked behind you (over your right shoulder) to ensure that it is safe and that you will not get in anyone's way.**
11. The change of position in the line relay has to be made at the end of a straight, at the bend entrance. The first rider rises automatically by rolling out on the right side, while the other riders continue without changing trajectory. Before changing the relay, the first rider looks systematically over his right shoulder to make sure that the way is free and without danger then signals with the right elbow. If the way is busy he must not take change but keep within his trajectory.
12. When leaving the track at the end of the session, check behind you to ensure that you will not get in anyone's way then approach the blue band and leave the track quickly. The safety flat zone (under the blue band) must be evacuated and not used as a waiting area.
13. To avoid slipping on the bends there is a minimum consistent speed that must be maintained.
14. The lead rider chooses his trajectory. The next rider follows the trajectory and so on.
15. When a rider wants to leave the line of the group, he must check behind to the right (upside) that the track is clear and safe. He must signal with his right elbow or hand to warn the following riders then leave the line to the right side when it is safe and clear.
16. **Riders must concentrate and be aware of what's going on around them and to be able to react quickly to every situation.**
17. It is forbidden to ride two or several riders abreast.
18. It is forbidden to chat while riding on the track, including on the safety band
19. It is forbidden to spit, blow your nose, drink or eat whilst on the track, including on the safety band.
20. The use of earphones (as MP3) and cameras (type GoPro) is forbidden on the track.
21. It is strictly forbidden to do specific exercises on the track during the members sessions, unless special authorization from the WCC Supervisor or Management has been approved.