

E.S.W.V. Squadra Veloce

OpNoord Track Rules

When it is your first training on the track of OpNoord, it is mandatory to start in the first training group, to learn how to ride on the track. Exceptions are possible when discussed with the board.

General:

- Wearing a good-quality helmet is obligatory.
- Your equipment must be in good working condition.
 - Think of brakes, drivetrain, wheels, cleats, and your helmet in particular!
- Exercises will be done on the outer lane of the track (outside of the white line)
 - Recovery after an exercise will be done on the inner lane with low speed. (inside the white line)
 - Pay attention when changing between the inner and outer lanes.
- Let other Squadrans know when the pace is too high, then they will know when to adapt.
- Make sure there are no loose objects on your bike, like bags, locks, or other accessories
 - Mudguards however are allowed and even recommended with wet weather.
- Do bring lights for the way to and the way back from the training.

Overtaking:

- Always overtake on the outside, (the right side)
- After overtaking, move back to the inside when there is more than enough space.
 - Pay attention to others, do not cut off other cyclists
 - Always look over your shoulder before you change direction or lanes
- The first rider of a faster group warns the rest when overtaking slower riders/groups •
 - During overtaking, riders in both groups should not change positions until the overtake is complete

Bike handling:

- Your brakes should be accessible to you at all times during exercises.
 - Ensure your hands are on your hoods or in the drops where you can reach and pull your brake levers
- Give a sign with your elbow if you want to drop back
 - flick with your left elbow and move to the right, or the other way around if necessary
- Clip-on time trial bars/aero extensions are strictly not allowed on the track
 - Remove these from your bike before training
- Position:
 - Recovery: relaxed position with your hands on the tops or the hoods
 - Tempo: aerodynamic position with your upper body flat and still and your arms bent
 - Sprinting or group riding at a higher pace: Hands in the drops upper body arched down.

Groups:

- Members may only join the advanced group after the trainer and board approve.
 - Do not sign up for the advanced group without permission.
- If you join a training of an easier level, pay close attention and ride according to the level of the group you train with.
 - Just because one person can safely ride 45 km/h does not mean everyone in that group can. This disrupts the training and creates unsafe situations.

Clothing:

- Wear according to the weather conditions
 - If you do not wear enough clothing, training in the cold can be dangerous. And the trainer has the right to send you home!
- Loose hanging clothing can be dangerous, so wear tight-fitting cycling clothes.
 - For example, getting stuck in your drivetrain or catching onto other riders.

If you need help understanding something, ask a fellow Squadran, the board, or the trainer!