



Welwyn Training Session Rider Briefing Notes – Track & Road Bike Sessions

Please read the information below carefully and consider using the checklist every time you come to the velodrome – we will regularly update this information, based on our experience of restarting sessions and any new guidance we receive.

- All riders must pre-book their chosen Training Session through the Welwyn Wheelers website. It is not possible to turn up and ride. Please read our Terms and Conditions for booking details.
- Hire bikes are currently not available to use for training sessions. The bike shed will not be open during sessions.
- All riders are to be aware that there are no changing facilities available at Gosling Sports Park at the moment. Please come ready, dressed to train, bringing suitable clothing for the prevailing weather conditions.
- There will be limited toilet access in the main Gosling reception area. You are asked to observe all social distancing measures and use the one-way system. For safety reasons, all children of primary school age MUST be accompanied by a parent/carer when leaving the track. Coaches are not responsible for taking children to the toilet and will not allow them to leave track-side without a parent/carer.
- On arrival at the track you will be allocated an area off the running track in which to place your belongings. You will be asked to return to your allocated area after each training activity. Please consider bringing a folding chair with you.
- Hand sanitiser will be made available at the entrance to the Bowl.
- Riders are asked to be self-sufficient, this means bringing a spare inner tube, tyre levers, pump and a multi-tool if you have one. Coaches are unable to help in fixing equipment.
- Each rider will be allocated a section of the fence in the home straight to use, when requested, by the Coach leading the session. These sections will be numbered. (*Track sessions only.*)
- At the end of the session each panel top will be wiped down with sanitiser.
- The wearing of masks within the Gosling Bowl is not mandatory, however if you feel you would like to wear one at any time, you may do so.
- Please listen carefully to our coaches instructions at all times, when taking part in all activities.
- While walking around within Gosling, please maintain a 2m gap between yourself and others within the Sports Park.
- Remember to take all your belongings home with you, including any rubbish.
- The club Covid-19 Behaviour Code should be adhered to at all times. Any riders not complying will be asked to leave the session.
- If you or any of your household are displaying any symptoms of Covid19 then **please do not attend!!** Please read the government guidelines on these symptoms.
- If you develop any COVID-19 symptoms after your session, please notify us by emailing info@welwynwheelers.org.uk

Checklist

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| <input type="checkbox"/> Helmet | <input type="checkbox"/> Shoes | <input type="checkbox"/> Pump | <input type="checkbox"/> Drink |
| <input type="checkbox"/> Gloves/Mitts | <input type="checkbox"/> Spare inner tube | <input type="checkbox"/> Multi-tool kit | |
| <input type="checkbox"/> Extra clothing | <input type="checkbox"/> Tyre levers | <input type="checkbox"/> Folding chair | |