



## GUIDELINES AND RULES FOR TRAINING AT DISC

- 1-Be at track 15mins prior to session start.
- 2-Respect other groups riding at Disc (prior to our session starting)
- 3-Respect your fellow riders you train with.
- 4-Do not walk across the track use the tunnel
- 5-Do not walk on the track with cycling shoes – this damages the track
- 6-Get organized! Know when its your turn to ride and be ready with plenty of time (look at the white board)
- 7-Leave the track carefully and promptly after your effort is finished
- 8-Use rollers or ride in the 'D' to warmup or stay warm between efforts
- 9-Bring a gear bag with all the cogs and tools you need – don't rely on others
- 10-Bring food and drink
- 11-Don't distract Simon when he is timing an effort
- 12-Check the whiteboard, if you are uncertain or need help ask a senior rider to help you.