



Victoria Park, Darling St Dubbo  
A.B.N. 801 492 731 94

# Riding Etiquette

The trick to riding safely is to ride predictably. There are a few simple rules to follow and signals to make to other riders so they understand your intention. Confusion is the track riders enemy and the cause of most crashes! Understand what the lines mean (above) before riding on the track.

The faster rider is responsible for passing safely. Slow riders are responsible for riding straight allowing faster riders to pass predictably. NEVER try to get out of the way of a faster rider. Maintain a straight line, parallel to the tracks lines. Slow riders should ride above the yellow line (stayers line) no more than two abreast. During warmup faster riders should stay down on the blue line (pole line).

Be sure you are clear of what the local rules are before getting on the track to warm up. Dont ever just ride around in No Mans Land.

Turn your head in the direction you want to move and glance back as you gradually move up or down the track paying attention to where you are going and any overtaking traffic at the same time. If you are swinging off the front of a bunch, flick your right elbow out before swinging up so people following you are aware you are about to go up the track, and as you swing, maintain the pressure on the pedals, otherwise riders behind you might clip your rear wheel.

As you approach a slower rider with their head turned in the direction you want to pass, sound off with the command STAY in order to make the slower rider keep from moving into your passing line.

If you hear STAY keep riding straights (parallel to pole line). If you are maneuvering up or down the track and you hear STAY immediately correct your line so you are riding straight.

Ride the track as if you are directly responsible for all other riders on the track. Pay attention to what other riders are doing and give them the right of way.

If you think you are going to run up the back of the rider in front, ride to their right, up the track slightly. This washes off your speed and is the direction those behind you will expect you to overtake someone. As a bunch slows, expect the whole bunch to fan out up the track.

ALL riders MUST have both hands on the handlebars at ALL TIMES whilst on the track, a \$50 fine may be incurred if you do not