
	<p>CYCLING</p> <p>ROAD AND TRACK RACING</p>	 <p>Bracknell Forest Council</p>
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DESCRIPTION:

Road Racing is a bicycle racing sport held on roads, using racing bicycles.

Track cycling is a bicycle racing sport usually held on specially built banked tracks or velodromes but it can also be done on grass tracks marked out on flat sports fields.

QUALIFICATIONS:

The instructor should be a cyclist experienced in the relevant branch of the activity who holds an appropriate British Cycling coaching award.

STAFFING RATIO:

Road Racing 1 / 5

Track racing 1 / 10 with not more than 4 participants on the track at any one time

PROTECTIVE EQUIPMENT:

Protective head gear that complies with British Safety Standards.

HAZARDS:

- Crashes
- Slips
- Punctures
- Other riders

GUIDANCE:

This individual sport requires endurance, physical fitness, balance, bike handling skills, and where on roads, road sense and awareness of road safety.

OTHER INFORMATION:

British Cycling: <http://www.britishcycling.org.uk>