



Guidance for Parents and Juniors.

Bayford Meadows offers a fantastic site for juniors to bike safely and enjoy an enclosed road coached cycling session. The owners of the site have been incredibly generous in allowing us to use the track as guests. We want to maximize this opportunity and, with the limited time we have on the track, would ask all juniors and parents to follow the procedures and safety guidance outlined below.

Arrival and Parking (See Appendix A for Cycling Venue Map)

- Can participants please arrive 15 mins before the start to allow time to register, walk the bike to the track and receive the pre briefing.
- There is ample parking at Bayford Meadows. (See directions and maps) The site is closed to the public and there is no Go Karting activities take place on the same days/ evenings as junior biking.
- The owner does have other guests arriving on site for S&C classes or Nutritional talks during the evening so please be respectful to other guests using the site.

Registration

- All juniors will be registered in the viewing area where a helper will confirm their attendance and make sure we have up to date parents contact details (mobile numbers)
- Juniors will be directed to the track for the start of the activity session.

Safety

- Parents will need to remain onsite during the activity session in case of accidents and/or if the weather changes and the cycling activity needs to be stopped immediately.
- We would ask that all parents / siblings remain in the viewing area (see map) or in their cars and they contactable at any time during the session.
- Pet dogs are allowed on site but must be always kept on a lead.
- Juniors / siblings should not ride bikes anywhere on the site other than on the track under the supervision of the coaches. In addition, due to the close proximity to the track no ball games / footballs are allowed to be used at the site.
- We would ask that all juniors arrive with a bike that is safe and operating including working brakes / gears / tyres and it is of a suitable fit / size to ride safely. (see appendix B for guidance) . All children must also wear a protective helmet. (See Appendix B for guidance).
- We will provide a very quick safety check of the bikes at registration and can offer basic guidance on set up (saddle height etc) but the coaches are not qualified bike fitters and if any safety issues are identified, the child may not be able to participate on the night.
- Any parents / juniors needing help and advice with bike set up and/or safety please let us know and we will gladly help where we can.



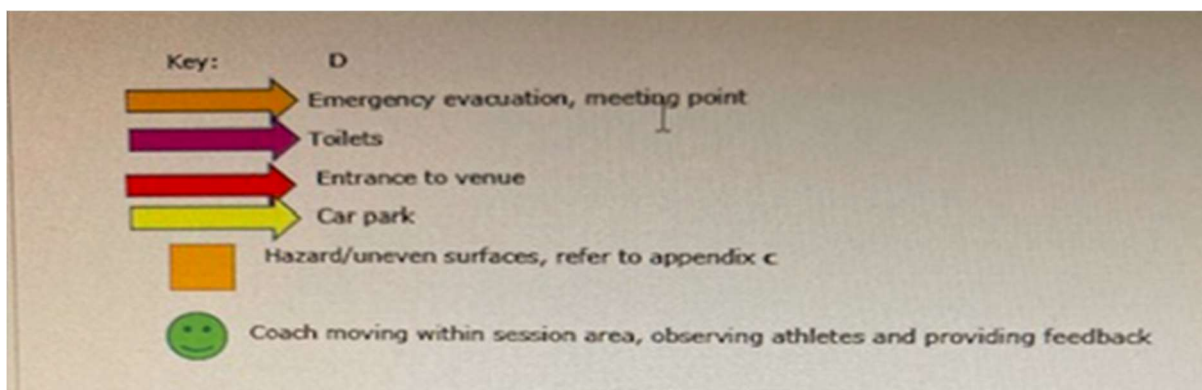
Catering / Toilets

- There will be no on-site catering open during the track sessions. Parents can bring their own food and drink but please take all rubbish home after the session. There are toilet facilities immediately behind the Viewing area which will be available for both juniors and parents. If a junior member taking part in cycling needs to use the toilets during the session one of the helpers will ask the parent to supervise the child to and from the track entrance.

Venue:	Bayford Meadows Kart Circuit		Venue is closed during session other than allowing access to site and toilets.
Address: (Include postcode)	Symmonds Drive Eurolink Industrial Estate Sittingbourne Kent ME10 3RY	Venue Contact Name & Contact Details:	Outside of sessions: Reception 0179541070 During Sessions Gweneth (Lynne) Hacon 07932718637 Steve Fisher 07496242166



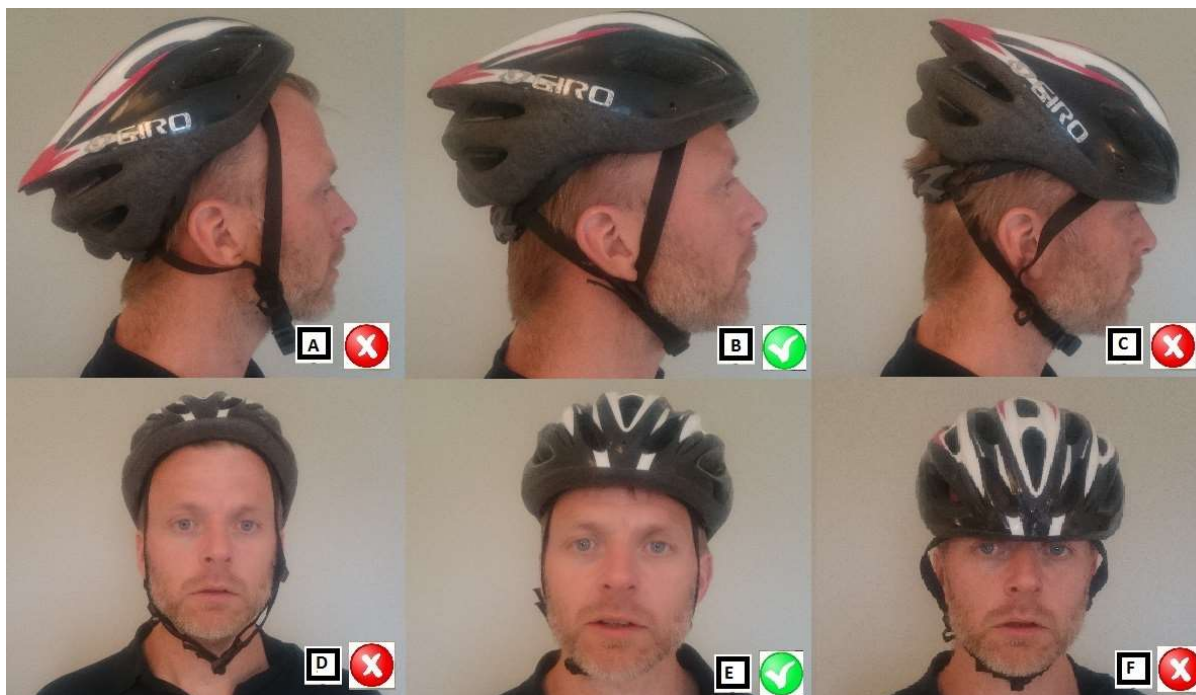
Appendix A Cycling Venue Aerial View





Appendix B Bike Helmets

- Helmets are mandatory and participants are not allowed to take part without a suitable helmet. The aim of the helmet is to protect the head in case of an accident or fall. Helmets should:
- Meet safety standard, either ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard. A CE mark is not an approval mark and should not be treated as approval.
- Not be adapted, for example the addition of camera mounts are not allowed.
- Fit correctly and be worn as intended.
- You can tell if a helmet fits properly if:
- It is snug on your head and does not slide around or tip back (image A) or forward (image B). A good test is to undo the straps, and tip head down so that crown points to the floor, the helmet should stay on, even without straps in place. Most helmets have a dial to adjust the fit to the head.
- You can only get TWO fingers (vertically) between the chin strap and your chin (image B and E). The chin strap should not be able to pass over the chin when mouth is closed (Image A and D).
- The two side straps meet just beneath the ear (Image B).





Appendix B Bike M-Check-See diagram on following page

While the coach can offer guidance on a bike, and other equipment, any parent is responsible for ensuring their bike is safe to ride.

One method of checking the serviceability of a bike is an 'M-check'. So called because it forms the shape of an M starting at the rear hub, travelling up to saddle, down to the bottom bracket, up to the stem and handlebars and back down to the front hub. The video shows the M-check and some of the aspects you should be looking for.

<https://www.youtube.com/watch?v=HNEzVnG0JKY>

The below list gives a more complete list of areas to examine when performing the M-check.

Rear Wheel:

- Rear derailleur – working correctly with smooth changes, cable not frayed.
- Axle nuts/quick release – tight / firmly closed.
- Spokes all present and tight.
- Brakes – secure and working, aligned and not rubbing against tyres.
- Lights/reflectors – if fitted, then tight and working.
- Tyre – check for wear, cuts and splits in the tread, and that the tyre is inflated to the correct pressure.
- Bearings – grip rim and rock back and forth to feel for loose bearings.
- Spin to check for tight bearings and poor alignment or buckled wheels.

Saddle:

- Fitted tight, facing in the correct direction and set at the correct angle for the athlete.

Seat Post:

- Free from rust, damage, cracks.
- Tightly secure (seat post clamp).

Chain Ring:

- Front derailleur – working correctly with smooth changes. Wires not frayed.
- Cranks – spinning freely with no side-side play.
- Pedals – fitted correctly, and free from debris. Also check cleats are clean and not worn.
- Chain – check it is well oiled and not rusty.

Handlebars:

- Headset/handlebar tight with no side-to-side play.
- Brakes levers/gear shifters working correctly.

Front Wheel:

As per rear wheel.



Appendix B Bike Parts

