

# Track Accreditation



- 🚴 The route to track Accreditation is via the Skills and Induction sessions, for riders 15 years or better. Access to these is obtained via the Taster sessions. There is then a Taster “skills improver” session as preparation for the Skills and Induction sessions.
- 🚴 Riders wishing to progress to the Taster “skills improver” and then the Skills and Induction sessions must first be assessed during a Taster session. They should inform the Coach they wish to be assessed at the beginning of the taster session. If a candidate is riding their own bike, a maximum gear of 84” is compulsory. This is the size of gear on our Adult Dolan hire bikes.
- 🚴 The skills required to gain a blue slip are that a rider must be able to ride safely and easily ride in a line of at least four riders on the blue Stayer’s line for 20 mins at a “recovery” pace. They must ride closely to the rider in front and not kick back. They also must be able to change from the front of the line to the back cleanly, with confidence and not before looking back to ensure it is all clear. Four solo laps at the top of the track must also be achieved. Only then may the coach issue the rider with a (blue) slip enabling them to book onto the Taster Skills Improver session. If there is not a sufficient line of riders on the taster session, the assessment cannot take place.
- 🚴 Riders who demonstrate the required skills level will be issued with the requisite (blue) slip which enables them to book onto Taster “skills improver” session, and then progress to the Skills session by gaining a (pink) slip. All these sessions need to be booked and paid for in advance with reception – 0161 223 2244, option 3.
- 🚴 The Skills and Induction sessions need a minimum of 10 candidates to have a true test of skills, so sessions may be postponed in order to achieve the minimum number.
- 🚴 Riders successfully completing the Skills session will be issued with a (green) slip that enables them to book onto the Induction session. Unsuccessful Skills riders will be asked to ride another session or, in exceptional cases, asked to ride more Taster or Taster “skills improver” sessions to practice their basic track skills.
- 🚴 These blue, pink and green slips are retained by reception, not by the candidate.
- 🚴 Successful Induction course riders will be issued with full track accreditation.
- 🚴 Riders between the age of 9 -15 years, have a separate **Youth accreditation** procedure. If a youth rider has had previous Manchester Velodrome track experience of at least 3 hours, they can be booked onto the Adult Taster Skills Improver on a Friday night (6:00 – 7:00pm) to gain their Youth accreditation, with at up to 5 x 1 hour sessions of skills analysis by the coach.
- 🚴 Progression through each stage needs to be signed off by the Velodrome Coach, and the rider must have the skills report sheet available for the coach’s signature at each session, and complete the contact details on the reverse, and hand in to reception once the coach has signed off the rider as having passed the procedure.
- 🚴 Successful Youth accredited riders will be issued with full Youth track accreditation.
- 🚴 Youth riders 15 years or better can attend the adult Skills and Induction sessions, after gaining their blue and pink slips.
- 🚴 Any newly accredited rider who does not ride the track within six months of gaining their accreditation, will need to attend a Taster Skills Improver session before booking an SQT session.
- 🚴 If an accreditation membership card is not used on an SQT within six months of issue, the accreditation is deleted.



## Probationary Track accreditation

This opportunity is for an experienced Velodrome track rider, probably Elite level, to gain accreditation. Any rider wishing to apply for this opportunity can do this by applying in advance to the Cycling Manager, who will make a decision if the candidate is suitable. Candidates must be 15 years or better. Active riders who have Newport accreditation can be issued with Manchester probationary accreditation.

The Velodrome Cycling Manager may consult with British Cycling Talent Team or Coaching & Education, or other Velodrome coaches on the matter, but the Cycling Manager's decision is final and not negotiable.

Only the Velodrome Cycling Manager may issue probationary accreditation. This probationary accreditation is not valid for SQT Derry or Sprint/Keirin sessions on a Wednesday evening 8:00 - 10:00pm or the Saturday Madison SQT, unless the candidate has Madison racing experience. The Veterans SQT on a Friday is for riders 40 years or better only. Unless probationers have had experience of racing Madison's they should not attend the Madison SQT on a Saturday 11:00am - 1:00pm. Other "A & B", "B" & "Vets & B" SQT's are open to probationers.

The candidate needs to fill in a contact information form, and an NCC Health Questionnaire, available from reception, or as a download. Both forms are to be left at reception, or e mailed to [admin@nationalcyclingcentre.com](mailto:admin@nationalcyclingcentre.com). Four passes will be issued to the candidate, on receipt of the forms, and left at reception for collection for the first SQT session, along with a skills report sheet. Candidates cannot book onto an SQT until they have been issued with their report sheet and four passes.

Probationary accreditation is valid for four SQT sessions only. One pass must be given into reception on each visit, and retained by reception. The report sheet must be offered to the Velodrome coach for completion on each visit, who may make written comment on the sheet. Please notify the coach before the session starts of your probationary status.

If all four sessions pass without adverse comment on the sheet by the Velodrome coach(es), the candidate may apply for full accreditation, on payment of £18.50. The formal accreditation route would cost £46.50.

Velodrome coaches will inform the Cycling Manager if any candidate with probationary accreditation is unsafe, or has been asked to leave a session. The Cycling Manager will consult with the coaches involved before full accreditation is issued.

Any candidate with a probationary pass can be asked to leave a session at any time, if they are a danger to themselves or others.

### Points to remember:

- The probationary accreditation and passes can be withdrawn at any time
- One probationary pass must be given up to participate in each session
- Candidates must tell the Velodrome coach in charge of the session that they are on Probationary Accreditation – at the start of the session
- Riders must ask the coach to comment and sign the report sheet after each of the four sessions
- Riders must complete four sessions before full accreditation is considered
- After four sessions without adverse comment, the rider must hand in the completed report sheet for full accreditation to be issued
- The Cycling Manager's decision regarding issuing Probationary and full accreditation is final – no negotiation will be entered into.

