

Burnaby Velodrome 2010/2011 Information Form

Name: _____ Address: _____

Email: _____

Phone: _____

Date: _____

Cycling BC Licence: (2010) _____ (2011) _____ Race: Citizens:

UCI Race License: (2010) _____ (2011) _____

Adult: Senior: Espoir: Junior: OutOfTown:

Member: Training Pass: Race Pass: Will pay Drop in: Race Cat:

1. You must have a valid Cycling BC Citizens License, a Cycling BC Race License or an International UCI Racing License to ride at Burnaby Velodrome. The only exception is for supervised clinics (such as the Learn to Ride program.)
2. You must be a member in good standing of the Burnaby Velodrome Club OR have a valid Cycling BC Racing License OR have an International UCI Racing License before you can participate in any BVC Race Events.
3. You must read and sign the attached BVC Track Etiquette and Code of Conduct before using the track.
4. You must read and sign the Release, Waiver and Indemnity before using the track.
5. A responsible adult (parent or guardian) must sign the above documents for anyone under the age of nineteen (19).
6. Out of province riders must have a valid UCI Racking License and must sign the additional waiver to verify that they have valid and adequate medical insurance.

Burnaby Velodrome Track Etiquette and Code of Conduct

1. The Burnaby Velodrome is more steeply banked than most other tracks in North America. When riding, you will need to maintain a speed of at least 30 km/h to avoid slipping and falling in the corners. In Burnaby, as with many other tracks, the general rule of thumb is to always pass over the top of other riders when overtaking. Do not overlap wheels with the riders in front of you and while riders are on the track, no one is to cross on foot.
2. Generally the sprinters lane or pole lane is for faster paced workouts or teaching new rider clinics and the blue line, or stayers line, is for warming up on.
3. Do not ride continuously around the Cote d'Azur as a warm-up or cool-down. This area is for entering and exiting the track and it makes it difficult and dangerous for riders doing speed work in the pole lane, especially in the corners, if riders are continuously on the Cote. Instead, use the warm up lane below the Cote d'Azur.
4. The blue line, or stayers line, is for warming-up, cooling-down, or going tempo (but always in a pace line). This is not an area to ride two or three abreast and have a conversation. Please hold conversations on the infield.
5. Pay attention to structured sessions of any kind. If you decide that you would like to join a workout you must first obtain the permission of the BVC representative/coach. After obtaining their permission you will likely be asked to either join in or hang well off of the back (minimum 4-5 bike lengths). Do not assume you will be able to join an existing workout, this is a safety issue! It can be chaotic when riders jump into workouts not understanding the drill being conducted.
6. When a clinic or learn to ride (LTR) is being conducted priority on the track is given to those riders. Please pay attention to what is going on and watch for riders entering/exiting the track in groups. An individual's ability to do fast/specific efforts during clinics is compromised; when in doubt please ask an instructor or the BVC coach. Riders not participating in the scheduled clinic or LTR will ride strictly at the discretion of the instructor/BVC coach.
7. Do not ride between the red (sprinter) and blue (stayer) lines, your intentions are not clear to others. This lane is for transitioning to/from the pole lane and blue, not for hanging out in.
8. Make sure your bike is in excellent working order: tires are inflated to the appropriate pressure, all bolts are tightened down, and tubulars (when appropriate) are glued satisfactorily. Brakes are not allowed on any track bike whether they are operational or not. Bikes ridden at the track must have proper horizontal drop outs with axle and nut fasteners. Quick releases are only appropriate on front wheels when the lever has been taped down and even then only for individual efforts and/or timed events on the track. No ipods/mp3/music players with ear buds or headphones allowed on track at any time.
9. This is a multipurpose facility. Be sure to keep the infield clean and tidy; clean up after yourself and put all garbage in the appropriate containers. Remove any chairs and/or bike racks from the volleyball courts when you leave (please don't assume that it will happen at the end of the session).
10. Treat BVC volunteers and officials with respect and consideration. These people are certified by the Velodrome Board and are well-trained. They give up their free time to make sure that the Velodrome, the training sessions, and the many races are safe and well-run. Swearing at, arguing with, or distracting them from their responsibilities is bad form at best, and at worst, may put other riders in danger. Violations of this rule will be dealt with depending on the nature of the offence committed. Punishments may include: riders having his/her membership/license suspended, revoked, or the

rider could be refused service at the facility. The Club's volunteers and officials work hard to make riding and racing consistent and safe; your respect is the least they deserve

11. Treat other riders, and facility users, with respect and consideration. Racing, competition, and even training can be intense. However, all members benefit if the prevailing mood at the track is one of friendly competition and camaraderie. Treating others with common courtesy allows for an atmosphere within which members may approach one another for issues ranging from equipment problems to techniques and strategy. Verbal or physical intimidation may put other riders in danger and will not be tolerated. Depending on the nature of the offence committed, a rider may be punished by having his/her membership/license suspended, revoked, or the rider could be refused service at the facility.
12. This Club needs to grow and develop. Do your part to assist in that process by respecting your fellow members and BVC representatives.

I _____, have read the Burnaby Velodrome Track Etiquette and Code of Conduct and will abide by it.

SIGNATURE: _____ DATE: _____

RELEASE, WAIVER & INDEMNITY

I _____ understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations, Burnaby Velodrome Club and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and track racing, involves the possibility of injury or death.
2. I accept these risks, and all others arising from these events and programs, even if arising from the **negligence, gross negligence or negligent rescue** by those associated in any way with the **Canadian Cycling Association, Cycling BC or the Burnaby Velodrome Club** events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").
3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.
4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safety continue for any reason.
5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against **Canadian Cycling Association, and all other Releasees** from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.
6. **I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

SIGNATURE: _____ DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT- Under 19 years of age

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE: _____ DATE: _____

USA, INTERNATIONAL and non BC RESIDENTS—must sign below:

I, _____ have purchased and hold valid adequate out of country or province medical insurance that will provide medical coverage in British Columbia, Canada and during the race activity I have listed above.

SIGNATURE: _____ DATE: _____