



Forest City Velodrome (FCV) Youth Rider Skills Requirements

The Forest City Velodrome (FCV) offers riders of all ages and abilities a venue in which to ride recreationally, improve health and fitness and develop cycling skills.

This document has been prepared to assist all Velokids and student/youth members in determining which sessions are the most appropriate to attend. Safety is paramount at FCV, and we must adhere to these criteria accordingly. Riders shall only be permitted to ride in a particular grade if they have repeatedly demonstrated the skills, endurance and awareness descriptions in each grade, and have been observed by multiple coaches of that grade.

Velokids 1 ('E' Grade):

- For children 6 and up, new to the velodrome
- Children must be able to ride a 20" wheel diameter bicycle unassisted
- Must be able to ride in a straight line and in control
- Must be coachable and want to learn
- Demonstrates spatial awareness
- Come prepared – dressed appropriately, properly fitted helmet



Velokids 2 ('D' Grade):

Skills/Maneuvers:

- Speed control (braking and acceleration, able to maintain constant speed as directed)
- Slow speed balance – able to weave around obstacle course on infield (weave course, and box drill, (3.5 metres)) and track (cones to red line) in a controlled manner
- Must be able to move between both hand positions (tops and drops)
- Stand while pedaling for half the infield lap
- Ability to clip in/out of clipless pedals, or toe clips proficiently
- Coming to a complete stop in a controlled manner
- Ride with one hand on the handlebars (both left and right) on infield
- Shoulder check both left and right sides

Endurance:

- Ability to ride on the cote for 5 minutes at 20km/h

Knowledge/Awareness:

- Name all parts of the track (infield, apron, cote, sprinters lane etc.)
- Recognizes proximity of other riders
- Name basic parts of the bicycle (frame, headset, pedals, crank, chain, wheels)
- Perform basic bike safety check
- Coming prepared with all equipment, water and properly fueled
- Consistent attendance (does not typically miss two consecutive sessions, and not less than 3 sessions within 2 months)



Youth Development ('C' Grade):

Skills/Maneuvers:

- Slow speed balance – able to do small box drill (less than 3m square) on infield, and on track (cones to blue line) in a controlled manner
- Track stand for 3 seconds on flat surface
- Must be comfortable riding with both hand positions (tops and drops); and must demonstrate the ability to move between the positions on the straights of the track (on black line)
- Enter and exit the track safely all the time
- Must demonstrate ability to do lead changes proficiently in a long (4-person minimum) paceline
- Must be able to ride on black, red and blue lines
- Must be able to move from one line to the next on the track safely (shoulder checks)
- Demonstrates ability to adjust speed on track relative to others.
- Rides at a consistent pace (+/- 2 km/h)
- Ride to the rail and stop without assistance
- Comfortable riding within a bike length of the bike in front
- Comfortable riding in an aerodynamic position

Endurance:

- Ability to ride on black line in paceline at 30km/h for 15 minutes



Knowledge and Awareness:

- Demonstrates awareness of other riders on and off track
- Nutrition, arriving properly fueled, with water and appropriate snacks as needed
- Demonstrates willingness to listen and learn
- Shows interest in improving both skill and fitness levels
- Can inflate tires, know what proper pressure is.
- Name all parts of a bicycle (spokes, rim, bottom bracket, hubs etc)
- Engage in bike check
- Demonstrates respect of coaches, officials and athletes.

Performance ('B' and 'A' Grade):

Skills/Maneuvers:

- Ability to accelerate and pass other riders “over the top” in a safe manner
- Demonstrates ability to effectively manage gaps to other riders
- Ability to ride at consistent pace (+/- 1 km/h)
- Track stand for 5 seconds on the track
- Ability to perform “flying lap” from yellow line safely
- Pursuit team lead exchanges
- Madison exchange

Endurance:

- Ability to warm up for 20 minutes (30 – 32 km/h paceline), then 10 minutes in roll up paceline (30 minutes continuous riding)
- Ride at 40 km/h for 2 minutes (11 laps), 1500 metres in paceline
- Able to recover quickly and prepare for more riding



Knowledge and Awareness:

- Demonstrates willingness to work with others for improvement of group as a whole
- Understands nutrition and what their body needs in order to perform at high levels
- Routinely performs cross training (strength and flexibility)
- Must be able to change tubes, adjust chain tension, adjust headset, change handlebars/stem.
- Calculate and understand gearing, and roll-out
- Must demonstrate wide range of knowledge and experience of skills and drills (Belgian sprints, pursuit, Madison etc.)
- Demonstrates ability to recover and regroup quickly after intense efforts
- Demonstrates knowledge of race tactics
- Able to adapt to changes in race conditions
- Comfortable in bunch riding, able to draft
- Able to provide feedback to coaches, and effectively communicate with other athletes
- Demonstrates respect of other athletes, coaches, officials etc.