

## Your first time coming to Herne Hill Velodrome for a Kids Session - things to know before the day...

Thanks for booking onto one of our Inner Track Kids Sessions, we're looking forward to having you here and being able to share our love of cycling with you.

Your session will be 1hr long (we'll have a break in the middle). Please aim to arrive 5-10 minutes before the start so we have enough time to get bikes for anyone who needs them. Your session will begin with a briefing from the coach before moving onto the riding itself.

Many of you will have questions, so please take your time to read [our FAQ](#) before arriving on the day or read the below for a brief rundown of the things you need to know before heading down for the first time. If you have any other questions once you've read this, drop us an email at [info@hernehillvelodrome.com](mailto:info@hernehillvelodrome.com).

### What should we do when we arrive?

All our kids sessions cross the track using the 'Derny gate' - double gates at the end of the spectator seating. We don't have a reception area so when you arrive, feel free to take a seat on the seats in front of the pavilion, the blue seats further along, or on the picnic benches beyond the seating areas. Please do not attempt to cross the track!

5-10 minutes before your session, a coach will give a call for kids on the inner track session to check in with them and, if appropriate, collect a bike and helmet.

**Please note that if you are more than 10 minutes late for the start of the session, you will not be permitted to join though we will endeavour to move your booking to the next available session.**

### Where do parents go during the session?

If your child is booked into a Learn to Cycle session then one parent should accompany the child into the inner track for the session when the coach indicates it is safe to cross. Wherever possible please limit it to one parent assistant as the area is often very busy with more than one session running concurrently.

For all other inner track sessions (including pedal bike club), parents stay outside the main track perimeter and watch from the various seating areas or the pavilion where, on Saturdays, Jan's Cafe will be open for drinks and snacks. Parents must remain on site

throughout the session. If you think your child is not yet ready for this level of independence then we would encourage you to continue in our Learn to Cycle sessions.

Once the child has crossed the track with the coach to start the session, recrossing to the outside of the track will only be permitted at the end of the session and accompanied by the coach (except in emergencies when a coach will come and get you). There is a composting toilet located within the inner track area.

### What should we bring with us?

All your child needs is a water bottle and something to eat. We can provide bikes for the session if needed as well as helmets. With that said, if your child has their own helmet please do bring it! For pedal bike sessions please leave the water bottle and snack in the large blue container for the coach to take across to the inner track with your child. For Learn to Cycle sessions the accompanying parent should keep the water and snack with them.

### What should my child wear?

Kids should wear what's comfortable. General activewear they would wear in PE class is appropriate for the session. Jogging bottoms and t-shirts are absolutely fine as long as they're not too baggy - you don't want anything being caught on parts of the bike.

Don't forget, we're an outdoor cycling centre, so please check the weather before the session and dress accordingly (waterproofs if rain is forecast). Make sure they have a jacket or coat for after: even in summer you can get cold very quickly after a session. Please remember to use suncream - there is very little shade in our inner track area.

Even if it's a hot day, we'd always recommend wearing two layers as a minimum.

- Helmets must be worn in all sessions
- Shoulders must be covered
- Open toed shoes are not suitable for any sessions.

### We will be cycling to the velodrome, is there a place to lock my own bike during the session?

For Pedal Bike Club and Youth Cycle Skills, you can keep your own bikes in view during the session as parents sit on the seating outside the main track fence. We have some low security locks that are free to borrow during your time here, which can give you



some peace of mind if you need to leave it unattended for a short time.

For Learn to Cycle sessions where a parent is accompanying the child to the inner track, we also have plenty of bike parking available next to the car park where you can lock bikes with your own locks.

### Do you have parking?

We've a limited amount of free parking available on site but we encourage you to travel here by cycle or public transport where you can.

**There are traffic restrictions you should be aware of if you plan to drive to HHV on a weekday between 08:00-9:00 and 15:00-16:30** when you cannot come into Burbage Road from the south to north either through Dulwich Village or from the junction with Turney Road. You will need to access Burbage Road from Half Moon Lane if you plan to travel here by car during those times. For a map of how to get here during these times please click [here](#).

