

SNIBSTON PUMP TRACK




CONDITIONS OF USE

This is a beginner / intermediate mini wheels tarmac pump track. During a normal pump track session all riders must wear helmets, gloves, long trousers / jeans, long sleeve tops and rubber soled shoes / trainers. If wearing short sleeves / 3/4 shorts, elbow / knee-pads must be worn.

Leicestershire County Council places the safety and security of all our riders as their highest priority. Although we have done everything in our power to make the pump track as safe as possible it must be emphasised that bike riding is a high risk activity, this means that accidents are likely to occur without outside interference. Riders must be aware of this and take full responsibility for their own actions. Bike / BMX riding is a high-risk activity!

The pump track is used at your own risk and you are responsible for your own actions. The management is not responsible for any accident or loss of belongings. The track rules / code of conduct must be followed at all times.

BEFORE YOU RIDE CHECK LIST

- **Safety check your bike:** brakes, seat post, steering, quick releases, tyre pressures, wear etc...
- If you have forgotten your helmet go and borrow one - **DO NOT** ride without one.
- Check the weather and the effect this will have on the track i.e. rain, frost, ice, wind direction etc...
- Have a warm up session, stretch, warm up, self assess your current ability.
- Ask yourself how fit and or how tired you are today.
- Be considerate of others, don't hog the track, encourage safe progressive use.
- Ride in control and within your ability and skill level.
- Do not ride alone.
- Drink regularly to rehydrate.

TRACK RULES / CODE OF CONDUCT

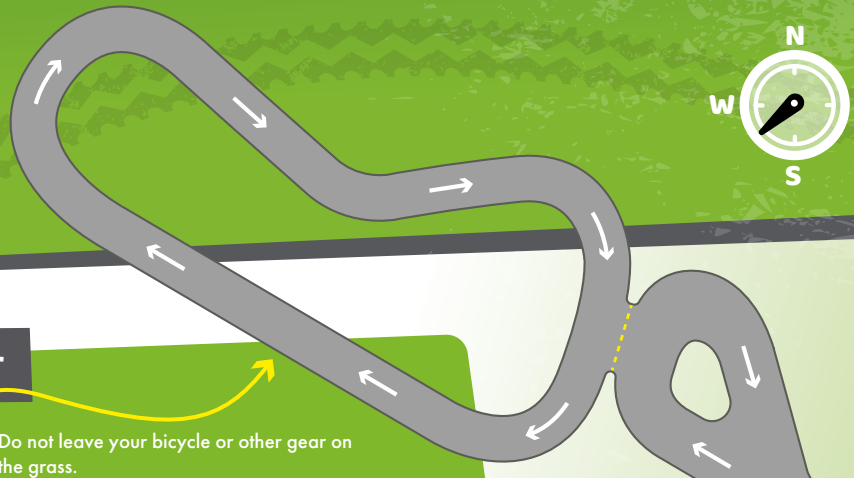
- Appropriate safety equipment must be worn (see left).
- **Children must be supervised at all times.**
- Please use the one way system around the track.
- BMX, Mountain Bikes or large wheel scooters only.
- All bikes must be in good condition and have working brakes.
- No stunt pegs on bikes.
- Ride the whole track, do not stop on the jumps.
- Rider ahead of you has right-of-way.
- Do not attempt anything that you feel is beyond your ability.
- All Litter must be placed in the bins provided.
- Do not ride on the grass, mud will reduce grip on the tarmac.
- Do not leave your bicycle or other gear on the grass.
- Spectators must watch from the outside of the riding areas.
- Pets must be leashed and kept outside the riding areas.
- No ball games near the track.
- Be courteous and respect other users, the pump track is available to everyone to use.
- Please respect and give space to riders developing skills.
- We advise riders to be covered by a personal accident insurance.
- Alcohol and smoking are **NOT** permitted anywhere near the track.
- Anti-social behaviour will **NOT** be tolerated.

• Persistent failure to follow the Track Rules and Code of Conduct could result in permanent closure of the track.



TIPS

- Ride in control at all times and ride within your own ability.
- Only increase speed once you know your bike, the track and you have the appropriate energy and fitness level.
- Get used to the feel of your bike on the slopes, rollers and berms.
- Keep your front tyre on the tarmac at all times (unless you are intending to jump) ride in the attack position - bent knees, bent arms and crouched.
- **Look before you leap**, slowly ride the track and features before you ride it fast.
- Ensure you know where other riders are on the track.
- Do not stop on the track and do not obstruct it.
- The track is intended for mini wheels i.e. cycling, skating, rollerblading, etc...
- Bikes most suitable for pump track riding are bikes that are small, low framed bikes, jump bikes, hard tails, BMX's etc...
- Fast rolling, high-pressure tyres are more suitable than deep grip off road tires.
- Grip level of dry tarmac is good to excellent. In wet weather grip is vastly reduced.
- A good standard of fitness will help more than a new bike. But technical skills are more important.
- Look after the tarmac and it will last for many years and will always ride smoothly

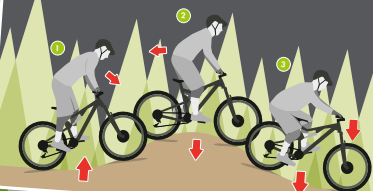


Weighting and Un-weighting

'Pumping' - use this skill to flow down the trail efficiently

Get this technique right and you will improve your bike skills. It's all about shifting your weight at the right time. It should feel really fluid and smooth.

- As you approach the bump get into the attack position
- Move your weight forward as your bike climbs (1)
- As you crest the rise and start to drop over it, move your weight back and then momentarily down into the attack position (2)
- Drop your hips forward and down in the bottom of the dip
- Push the bike into the trail by standing back up in the attack position
- Continue to move back on the bike as you roll over and off the bump (3)
- Think heavy in the dips and light over the humps



EMERGENCY INFORMATION

Nearest public telephone:

High Street Coalville
A telephone is available within the Colliery Café during opening hours.

Nearest A&E Hospital:

1. Loughborough Urgent Care (postcode: LE11 5JY) 6.8 miles
2. Leicester Royal Infirmary (postcode: LE1 5WW) 12 miles

Park or trail issues:
Call: 0116 305 5000

In case of emergency:
Call: 999

Visitor center
Grid Reference: SK 41792 14471
What 3 words: looked.laser.misty

Main car park / steps
Grid reference: SK 41790 14382
What 3 words: crew.energy.kinds

Pump track
Grid reference: SK 41818 14397
What 3 words: Monday.fresh.rare

Skills area
Grid Reference: SK 41654 14209
What 3 words: tanks.test.scan

