
TECHNICAL GUIDE



**BURNABY
VELODROME
CLUB**

The BAREST BONES

5-6 September 2020 | Burnaby, BC

1. General Information

The Barest Bones weekend is the BVC attempt to finally get an offering out to our community. It seems like so long since we have been able to get to put some power to the pedals and rock out some good times. There is no doubt that during this pandemic there are concerns of the safety, so I would like to address that up front.

- Do not sign up if you are sick, have been in contact with someone that has been sick, have been sent a notice as part of contact tracing or have travelled outside of the province by plane in the last 14 days. Save it for another day, we will welcome you back any time.
- If you have been engaging in #questionablebehaviour and not following the PHO guidelines, please sit this event out. See you another time.
- Facility coaches and track attendants will be wearing masks when supporting riders. You are free to wear masks if you choose but it is not mandatory.
- Please respect physical distancing guidelines. Maintain 2 m physical distancing unless you are with a family member or wearing a mask or barrier.
- Spread out in the infield and do not congregate in one spot.
- There will be hand sanitizer to use, but please bring your own as well as masks.
- There are no shower facilities and washroom facilities are reduced.
- You will be required to answer some screening questions prior to entering the facility and you will be required to sign a facility-based declaration.
- Day of/prior to coming make sure you do a wellness check and if you are concerned please do the self-assessment.
- All sessions have a cap on the number of participants in order to comply with our COVID-19 Safety Plan.

This weekend is a test weekend to fine tune how it operates so that we can host another event on the September long weekend.

This event should be considered a practice weekend for everyone to get back on the track and to get you good and ready, set a baseline, or just get you to try the track for the first time.

If things continue as they are with respect to the pandemic our Friday night racing will comprise of timed events.

All participants must pre-register online.

Schedule

	Time	Events
Friday 04-Sep-2020	3:00 pm – 07:30 pm	Open Track
Saturday 05-Sep-2020	Session 1 10:00am -12:00pm	Youth / Junior and Parent Try the track <ul style="list-style-type: none"> • Kids ride for Free! (Must be 11 years or older.) • Track Bicycle provided! • <i>Parents much pre-register their kid(s) - Sign Up Online Here - space is limited.</i> • A Parent/Guardian must sign a waiver (at the track)
	Session 2 12:00pm – 1:30pm	Junior / Adult riding, start gate practice <ul style="list-style-type: none"> • Open to members only • <i>Sign Up Online Here - space is limited.</i>
	Session 3 1:30pm – 3:00pm	Adult Learn to Ride – Try the Track <ul style="list-style-type: none"> • Free with membership - only \$25.00 • <i>Sign Up Online Here - space is limited.</i>
	Session 4 3:00pm – 4:30pm	Adult Learn to Ride – Try the Track <ul style="list-style-type: none"> • Free with membership - only \$25.00 • <i>Sign Up Online Here - space is limited.</i>
Sunday 06-Sep-2020	10:00am – 11:00am	Open Training / Warm up
	Session 1 Racing starts 11:15 am End by 4:30 If there is time the track will remain open for those that want to ride for a bit after everyone has raced.	<ul style="list-style-type: none"> • <i>Sign Up Online Here - space is limited.</i> • Flying 200 m • 4000 m Individual Pursuit • 500 Time Trial • 1000 m Time Trial • 2000 m Individual Pursuit • 3000 m individual Pursuit <p>We will run the events in the order above, however if you register and can only make it during a specific time, we will accommodate you, so you get.</p> <p>Depending on the time, participants could possibly do multiple attempts.</p> <p>Riders may be asked to support in some capacity if needed.</p> <p>If you have registered and are coming later please email info@burnabyvelodrome.ca and let us know.</p>