



Road Cycling

DATE: Sunday 15th May 2022

VENUE: Lee Valley VeloPark (E20 3AB)

TIMINGS:

Time	Event
08:30 – 09:00	<ul style="list-style-type: none">Time Trial RegistrationMarshal Registration
09:00	<ul style="list-style-type: none">Riders access to circuit opensCyclists warm up (must wear a bib number)
09:10 – 09:20	Team Managers briefing (Meeting Room)
09:30	Timing Team Meeting (Judges' Box)
10:00	Time Trial – Youth A/B Female (4 laps) <ul style="list-style-type: none">1st rider 10:01 Followed straight after by: Time Trial – Youth A/B Male (4 laps)
12:00	Time Trial – Youth C/D/E Female (2 laps) <ul style="list-style-type: none">1st rider 12:01 Followed straight after by: Time Trial – Youth C/D/E Female (2 laps)
13:30-14:00	Road Race Registration (NB – competitors in both Time Trial and Road Race will need separate numbers/chips)
14:15	Road Race Female – A/B (12 laps)
15:00	Road Race Male – A/B (12 laps)
15 minutes following the end of the road race	Road Race and overall team medals and trophy



Please note: Team managers are required to enter the team; riders are not expected to arrive at 09:00 if they are not racing until later in the day. However – events will not be delayed for missing riders. Please ensure all riders arrive in plenty of time for their individual event.

REMINDERS

Sport Rules:

- Available [here](#)
- Games Rules and Policies: [Available Here](#)

Equipment:

- All riders are required to have BCF third party liability insurance (£1.50 cost). BCF members are free (membership number must be provided on the entry form)
- All competitors must wear protective head gear whilst on the course.
- Riders must use their own bikes. LYG will not provide bikes
- Specialised Time Trial Bikes are not allowed
- Cameras must not be worn by riders nor can they be attached to any equipment.
- Any bikes that do not comply with British Cycling regulations will be subject to approval or rejection by the commissaire on the day
- All bikes must have efficient brakes and be in road worthy condition
- Please refer to British Cycling regulations on equipment and gears (found [here](#))
- **Team Size:**
 - Minimum 1, maximum 16
 - (AB male = 3, AB female = 3, CDE male = 3, CDE female = 3, RR male=2, RR female=2)
 - No alternates allowed (registered reserves can be used to replace any nominated riders)
- **Photo Consent:** There will be photographers at this event, as well as a media team from London Sport. Please check your competitors and their parents/guardians have provided this consent. Please advise when registering of any competitors who do not have/given this consent.



- **Withdrawals:** Please email Ayo@londonyouthgames.org at least 24 hours before the competition registration time.

CONTACT

- **Before the day:** info@londonyouthgames.org; 02039272921
- **On the day:** Ayo; 07498301318

RESULTS

- Post event - results will be available to download on the competition webpage within 24 hours of the competition ending.
- Queries on individual results can be raised in writing up to 48 hours after results have been published.
- In the event of a competition appeal, the use of external video footage and/or photographs **WILL NOT** be accepted in any circumstances.

RESPECT THE GAMES

- Anyone involved in the games must be made aware of the LYG Code of Conduct and agree to abide by the principles. A breach in the code may jeopardise involvement in the games.
- All teams will be asked to take part in the Respect the Games Campaign by nominating a team showing LYG values.

SOCIAL MEDIA

- Follow us on social: [Twitter](#) [Instagram](#) [Facebook](#)
- When posting make sure you use our hashtag #ThisIsLYG and tag us in your posts.
- If any competitors/teams do not consent to photos being taken, inform registration.
- Taking photos? Register your camera (including phones and tablets) at registration.

GOT THE LYG APP?

We'll connect you with the teams, events and communities most relevant to you.





London Youth Games Code of Conduct

- London Youth Games Foundation will be run with the following Principles of Participation in mind.
- Anyone involved in the games must be made aware of these principles and agree to abide by them. A breach in the code may jeopardise involvement in the games.

Participants	Team Managers & BTO's	Officials, Event Staff & Volunteers
<p><u>Fair Play</u></p> <ul style="list-style-type: none"> ○ I will treat people with the same respect & fairness that I would like them to show me. ○ I will demonstrate 'Fair Play' on and off the field. ○ I will compete within the rules of my sport and LYG ○ I will respect all officials and their decisions. <p><u>Equity & Inclusiveness</u></p> <ul style="list-style-type: none"> ○ I will respect differences in gender, disability, culture race, ethnicity, sexual orientation and religious belief systems. ○ I will not tolerate or be involved in discrimination of any kind and will report any incidents I witness. <p><u>Responsibility</u></p> <ul style="list-style-type: none"> ○ I will look out for myself and the welfare of others. ○ I will disclose any injury or condition that may impact my place in the competition, or my future condition. ○ I will be organised and on time. ○ <u>I will not.....</u> <ul style="list-style-type: none"> - leave the sports sites during the event unless accompanied by a member of staff. - possess or consume alcohol, illegal/performance enhancing drugs, or smoke. 	<p><u>Fair Play</u></p> <ul style="list-style-type: none"> ○ I will actively encourage fairness & understanding & comply with the rules. ○ I will treat people with the same respect & fairness that I would like them to show me. ○ I will demonstrate 'Fair Play' on & off the field. ○ I will fully uphold the policies and regulations of my NGB/Organisation in relation to my role. <p><u>Equity & Inclusiveness</u></p> <ul style="list-style-type: none"> ○ I will respect differences in gender, disability, culture race, ethnicity, sexual orientation & religious belief systems. ○ I will respect the rights of athletes & officials & promote their welfare & individual needs. ○ I will not tolerate or be involved in discrimination of any kind, & will escalate incidents as appropriate <p><u>Responsibility</u></p> <ul style="list-style-type: none"> ○ I will ensure I have clear understanding of my role. ○ I will have clear understanding of who is in my care. ○ I will respond to any concerns about a young person's welfare and report any concerns as appropriate. 	<p><u>Fair Play</u></p> <ul style="list-style-type: none"> ○ I will respect the rights of athletes and officials & promote their welfare & individual needs. ○ I will fully uphold the policies & regulations of my NGB/organisation in relation to my role. ○ I will promote relationships with athletes, officials & others based on openness, honesty, trust & respect. <p><u>Equity & Inclusiveness</u></p> <ul style="list-style-type: none"> ○ I will respect the differences between everyone in terms of age, gender, ethnicity, religious beliefs, sexual orientation or disability. ○ I will not tolerate or be involved in discrimination of any kind and will report any incidents I witness. <p><u>Responsibility</u></p> <ul style="list-style-type: none"> ○ I will demonstrate proper & professional behaviour always, providing a positive role model for the athletes and young people. ○ I will wear my accreditation pass and my official LYG or Borough clothing. ○ I will respond to any concerns over cyber bullying reports through social media. ○ I will respond to any concerns about young person's welfare,



<ul style="list-style-type: none"> - Engage in inappropriate physical contact. - Engage in abuse on social media. <p>Friendship</p> <ul style="list-style-type: none"> o I appreciate all participants bring something valuable to the games. o I will value and learn from the diversity of people. o I will take time to thank those who helped deliver the competition and helped me take part 	<ul style="list-style-type: none"> o I will be present on site throughout the event o <u>I will not.....</u> <ul style="list-style-type: none"> - knowingly select an unfit/injured athlete. - Supervise young people unaccompanied unless authorised to by LYG or my Borough. - Smoke, possess or consume alcohol or illegal/performance enhancing drugs. - Engage in inappropriate physical contact - Engage in any illegal behaviour/activity - Engage in abuse on social media - Put inappropriate focus on the outcome of the competition. - Ridicule, shout or otherwise punish a young person for their performance. 	<p>working in partnership with others in the young person's best interests.</p> <ul style="list-style-type: none"> o <u>I will not.....</u> <ul style="list-style-type: none"> - possess, consume or supply alcohol or illegal/performance enhancing drugs. o I understand that any breach of this code of conduct could result in my being asked to leave LYG and subject to disciplinary action from my organisation or NGB of Sport. This could jeopardise my future participation with the sport, as a volunteer and/or future involvement with LYG.
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

VENUE GUIDE

Venue: Lee Valley VeloPark

Address: Abercrombie Road, Queen Elizabeth Olympic Park, E20 3AB

Phone: 0300 030 0613

Website: <https://www.better.org.uk/leisure-centre/lee-valley/velopark>

ABOUT THE VENUE

Catering: Café and vending machines inside velodrome



Toilets: Available

Changing Rooms: Available

Lockers: Available

Disabled Facilities: 13 disabled parking bays, changing rooms, toilets, lift available

Team Parking: Parking available for one vehicle per team, to be registered in advance of the event. Please email lucy@londonyouthgames.org to register your vehicle ahead of the event.

Teams/equipment can be dropped off outside the front of the arena however this is a drop off area only.

Spectator Parking: None available at venue. Recommend use of public transport, or public parking at Here East. Please see map below.

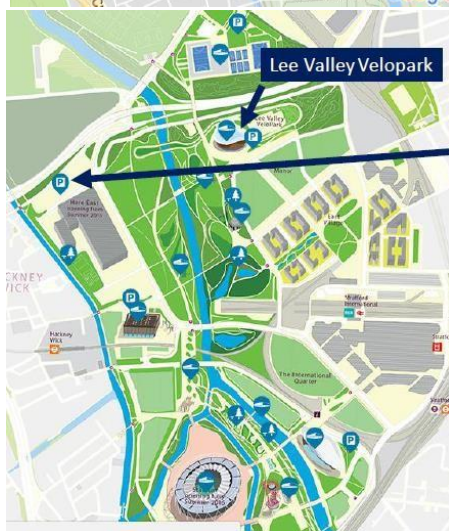
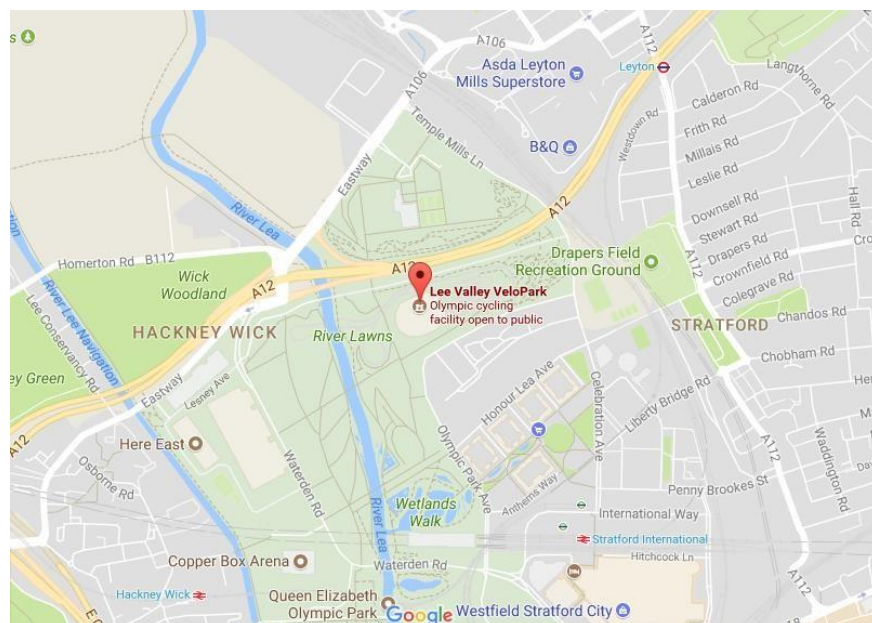
TRANSPORT INFORMATION

Tubes and Trains Tube (Jubilee, Central Lines) to Stratford; DLR; National Rail from Liverpool Street or St Pancras; London Overground

Buses 388, 308, 339, 97 or N205

Nearby roads Access via A12

London Youth Games Competition Day Information Version 3



There is a drop off facility at Lee Valley, however only vehicles registered in advance will be able to park there during our event. The Multi Storey Car Park at Here East has spaces for up to 300 cars who are visiting Copper Box Arena, London Aquatics Centre and Lee Valley VeloPark. The spaces are available at the following rates:

Hours parked	Car parking charge Non-Members
0-1hrs	£2.00
1-2hrs	£4.00
2-3hrs	£6.00
3-4hrs	£8.00
4-5hrs	£10.00
5-6hrs	£12.00
6-7hrs	£14.00
7-8hrs	£16.00
8-9hrs	£18.00
9-24hrs	£20.00

Alternatively there is pay and display parking available at Westfields shopping centre.