

# **AVRA Motor Pacing Policy**

Cycling training and motor pacing is inherently dangerous. When conducting a training session, in particular a motor pacing session, we must all accept a reasonable amount of risk due to the high speed, and close proximity of the cyclists to the motor bike. To limit the risk, AVRA will be informing a motor pacing policy for all of its athletes.

## **Policy Statement**

We (coach and cyclist) accept that motor pacing on the track, or on the road, comes with additional risks to both the athlete and the coach. While accepting these risks, we will do our best to reduce their likelihood, and minimize their effects.

## **Motor pacing requirements**

For motor pacing on the road, athlete and coach must at all times wear long sleeves and gloves. Long sleeves include arm warmers, long sleeve skin suit, or long sleeve cycling jersey. In the event of extreme heat, the coach will make a judgement call on the long sleeves and whether the session will go ahead. Coach will at all times wear suitable foot wear (boots) and long pants.

For motor pacing on the track, athlete and coach must at all times wear long sleeves, and long fingered gloves. Coach will at all times wear suitable foot wear (boots) and long pants. Failure to wear gloves and long sleeves at a motor pace training session, will result in the athlete not being able to participate in the training session (motor pacing).

Please contact Alex Ongaro with any questions or concerns

Alex Ongaro  
Head Coach - Argyll Velodrome Racing Academy  
+1 (780) 919-4637