

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

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

Your session will be 1hr long (we'll have a break or two), or 10am-3pm for Holiday Club. If you've signed up to a track session, at the beginning of the session we will aim to get your child nice and comfortable riding a fixed geared bike before bringing you up onto the velodrome itself where we'll focus on group riding, bike handling and track technique. For all other sessions involving a freewheel bike, the coach will have a plan to be able to progress skills smoothly in the session.

For your first session, aim to arrive 10-15 minutes before the start so we have enough time to get everyone bikes. Your child's 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.

What should I do when I arrive?

We don't have a reception area so once you arrive, feel free to take a seat on the bleachers in front of the pavilion, or on the picnic benches around the track perimeter.

5-10 minutes before your session, a coach will give a call for riders on the taster to go with them to the container area to start issuing out bikes. This is where you'd also get your helmet and gloves for the session if you need to borrow one from us.

What should my child bring with them?

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 and gloves. With that said, if you have your own helmet or gloves, definitely bring them!

What should my child wear?



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 the bike.

Don't forget, we're an outdoor cycling centre, so check the weather before the session and dress accordingly (waterproofs if rain is forecast). Make sure you have a jacket or coat for after: even in summer you can get cold very quickly after a session.

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

- Helmets must be worn in all sessions, and gloves must be worn on the track (we have ones available if any forget / don't have any)
- Shoulders must be covered
- Open toed shoes are not suitable for any sessions.

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

You can keep your own bikes in view during the session, as parents sit on the bleachers outside the 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.

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, 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.

You cannot come from the south to north through Dulwich Village during this time and 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](#)