

EASTER
Family
FUN DAY
MONDAY 6 APRIL
OULTON PARK



TRACK WALK & RIDE

WALKING SESSION
09:00-12:00

ENTRANCE CUT-OFF TIME: 11:15

BIKE SESSION
13:00-16:00

ENTRANCE CUT-OFF TIME: 15:30



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TRACK WALK & RIDE – PARTICIPATION RULES

To keep this a fun, safe, and inclusive activity for everyone, please follow these rules while using the track. Please note the Track Walk & Bike Ride may be postponed or cancelled in the event of adverse weather.



EMERGENCY MEDICAL NUMBER: 07967 945644

If you see someone injured or requiring assistance, please contact the number above immediately.



RED FLAG = RETURN TO PIT LANE IMMEDIATELY!

1. THIS IS NOT A RACE

This activity is non-competitive. It is a relaxed, social walk/ride and participants must travel at a safe, controlled, family-friendly pace at all times.

Please keep to the track surface at all times.

2. SEPARATE WALKING AND RIDING SESSIONS

- Walking Session (09:00-12:00): Walkers, prams, wheelchairs, and young children on small push bikes (under 4s) only.
- Bike Session (13:00-16:00): Bicycles and children's scooters only.

Please only enter the track during the session appropriate for your activity.

3. SCOOTER RULES

- Children's scooters are permitted during the bike session only
- Electric scooters and bikes are **not** permitted at any time

4. KEEP LEFT, PASS ON THE RIGHT

Participants should stay to the left-hand side of the circuit where possible.

If overtaking:

- Pass on the right-hand side only
- Call out politely ("passing on your right") or ring a bell before overtaking
- Overtake only when safe to do so

5. RIDE AT A SAFE, CONTROLLED SPEED

No racing, sprinting, aggressive riding, or weaving between participants.

If you cannot stop safely and quickly, you are travelling too fast.

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6. HELMET REQUIREMENTS

- Helmets are mandatory for all cyclists and people using a scooter

Participants without a helmet will not be permitted to take part in the riding session.

7. CHILDREN MUST BE SUPERVISED

Children under 16 must be accompanied and supervised by a responsible adult at all times.

Parents and guardians are responsible for ensuring children follow the event rules and ride or walk safely.

8. PRAMS, WHEELCHAIRS AND MOBILITY AIDS

Prams, wheelchairs, and mobility aids are welcome during the walking session only.

9. BE AWARE AND COURTEOUS

Please remain aware of other participants at all times.

For safety:

- Avoid loud music or headphones that prevent you hearing others
- Look ahead and be aware of people around you
- Respect other participants on the circuit

10. FOLLOW EVENT STAFF INSTRUCTIONS

Event staff are present to keep everyone safe. Please follow their instructions at all times.

Participants who do not follow the rules or behave unsafely may be asked to leave the track.

12. TRACK MONITORING

The circuit is monitored via cameras during the activity to assist organisers in maintaining a safe environment for all participants.

13. PARTICIPATION RESPONSIBILITY

Participation is voluntary. The circuit lap is approximately 2.7 km.

Participants should only enter the track if they are confident they can complete a lap safely and unassisted.

THANK YOU FOR HELPING US KEEP THIS ACTIVITY SAFE, FRIENDLY, AND ENJOYABLE FOR EVERYONE.

ENJOY!