

## AusCycling Club Come and Try sessions – BMX specific criteria

AusCycling Club Come and Try sessions provide a pathway for participations to try the sport in an inclusive and welcoming environment. The following information is provided to ensure a safe and enjoyable experience:

	<b>INTRO TO RIDING</b>	<b>INTRO TO RACING</b>
Coach to participant ratio <b>Mandatory</b>	Coach to Participant Ratio is 1:12.  AusCycling recommends at least 2 x AusCycling accredited coaches present.	Coach to Participant Ratio is 1:12.  AusCycling recommends at least 2 x AusCycling accredited coaches present.
Official (Commissaire) <b>Mandatory</b>	Minimum of 2 x AusCycling accredited Officials present.	Minimum of 2 x Officials AusCycling accredited present.
Protective clothing <b>Mandatory</b>	LONG PANTS or track pants that are fitted at the ankle are acceptable. Short pants maybe used provided they are worn with suitable with leg protection which covers the entire knee and skin until just above the shin.  LONG SLEEVE TOP or RACE JERSEY with sleeves extended down to the rider's wrists. Any types of GLOVES that have complete hand and finger protection.  A FULL-FACE HELMET must be worn for the track activities. An Australian Standard non full-face helmet can be used when activities are off track. Some clubs have a spare that you can borrow. Shoes must be fully enclosed.	LONG PANTS or track pants that are fitted at the ankle are acceptable. Short pants maybe used provided they are worn with suitable with leg protection which covers the entire knee and skin until just above the shin.  LONG SLEEVE TOP or RACE JERSEY with sleeves extended down to the rider's wrists. Any types of GLOVES that have complete hand and finger protection.  A FULL-FACE HELMET must be worn for the track activities. An Australian Standard non full-face helmet can be used when activities are off track. Some clubs have a spare that you can borrow. Shoes must be fully enclosed.
Bike <b>Recommended and Club may wish to hire bikes out to participants</b>	Participants can bring any bike to the track. However, where the bike is not a BMX bike, its suitability for some activities and the capacity of the rider to safely try the features of a BMX track needs to be considered carefully by coach(es) at the event.	Participants can bring any bike to the track. However, where the bike is not a BMX bike, its suitability for some activities and the capacity of the rider to safely try the features of a BMX track needs to be considered carefully by coach(es) at the event.
Use of the Start Hill and Gate <b>Mandatory</b>	The use of the Start Hill is not generally permitted for Come and Try events. This is a safety issue. However, where a Coach who is coaching at the event has formed an opinion that a participant has the capability (i.e. Is showing talent as a	The use of the Start Hill is not generally permitted for Come and Try events. This is a safety issue. However, where a Coach who is coaching at the event has formed an opinion that a participant has the capability (i.e. Is showing talent as a rider)

	<p>rider) to try the Start Hill, the following guidelines can be followed:  The rider has been identified as capable during the Come and Try event 2) The rider has a full faced helmet 3) The start hill try (with a coach present) is held towards the end of the event 4) The hill is not higher than 5m 5) The participant is considered likely to sign up as a member of your club</p>	<p>to try the Start Hill, the following guidelines can be followed:  The rider has been identified as capable during the Come and Try event 2) The rider has a full faced helmet 3) The start hill try (with a coach present) is held towards the end of the event 4) The hill is not higher than 5m 5) The participant is considered likely to sign up as a member of your club</p>
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We are here to help you. Please direct any questions to [clubs@ridenation.com.au](mailto:clubs@ridenation.com.au)