

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:

	INTRO TO RIDING & RACING
Coach to participant ratio Mandatory	Coach to Participant Ratio is 1:12. AusCycling recommends at least 2 x AusCycling accredited coaches/instructors present. At least one must have a qualification of Foundation Instructor – BMX (or previous BMXA Club coach) accreditation or above.
Official (Commissaire) Mandatory	Minimum of 2 x AusCycling accredited Officials present with a minimum qualification of Club Official.
Protective clothing Mandatory	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. HELMET that is Australian Standard must be worn. If riding the start hill a FULL FACE HELMENT must be worn. Shoes must be fully enclosed.
Bike Recommended and Club may wish to hire bikes out to participants	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. When an attendee is trying racing for the first time a mountain bike can be used if its wheel dimensions are within the regulations for BMX racing i.e., 20 or 24 inches.
Use of the Start Hill and Gate Mandatory	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 leading the session has formed an opinion that a participant has the capability (i.e. Is showing talent as a rider) to try the Start Hill, the following guidelines must be followed: 1) The rider has been identified as having the required skills during the Come and Try session. 2) The rider has a full-face helmet. 3) The use of the start hill (with a coach present) is held towards the end of the session. 4) The hill is not higher than 5m 5) The participant is considered likely to sign up as a member of your club.

We are here to help you. Please direct any questions to clubs@ridenation.com.au