

## AusCycling Club Come and Try sessions – Criterium 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 1:15.  AusCycling recommends at least 2 x coaches present.	Coach to Participant Ratio is 1:10.  AusCycling recommends at least 2 x coaches present.
Official (Commissaire) <b>Mandatory</b>		Minimum 1 accredited commissaire to be present.
Protective clothing <b>Mandatory</b>	Shoes must be fully enclosed.  Encouraged to bring your own Australian standard helmet.  Refer to Come and Try event details for more details.	Shoes must be fully enclosed.  Encouraged to bring your own Australian standard helmet.  Refer to Come and Try event details for more details.
Bike <b>Recommended and Club may wish to hire bikes out to participants</b>	Please refer to the Come and Try event details to see if you are required to bring your own bike or if they will be provided.	Please refer to the Come and Try event details to see if you are required to bring your own bike or if they will be provided.
Equipment <b>Mandatory</b>	Basic First Aid Kit Spanners Allen Key Cones/ Training Equipment	Basic First Aid Kit Spanners Allen Key

We are here to help you. Please direct any questions to [clubs@ridenation.com.au](mailto:clubs@ridenation.com.au)