

AusCycling Come and Try Sessions – Cyclo-cross 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:

CYCLO-CROSS/Grass Track	Introduction to Riding and Racing
Coach/Instructor to participant ratio Mandatory	1:15 open park area (Non-roadway) AusCycling recommends at least 2 x AusCycling accredited coaches/instructors present. At least one must have a qualification of Foundation Instructor – Cyclo-cross, MTB or Road (or previous MTBA LO or Previous CA Community Club coach) accreditation or above.
Official (Commissaire) Mandatory	Minimum of 2 x AusCycling accredited Officials present with a minimum qualification of Club Official if racing (Not required for skills instruction sessions).
Protective clothing Mandatory	Long pants, track pants that are fitted at the ankle or sports shorts are acceptable. Cycling knicks are preferred if available. Long sleeve top, T shirt or cycling jersey. Gloves of any type that have complete hand and finger protection are recommended. Helmet that is Australian Standard approved must be worn. Shoes must be fully enclosed.
Bike Recommended and Club may wish to hire bikes out to participants if available	Participants can bring any bike to the session, however, where the bike is not a Cyclo-cross bike, its suitability for some activities and the capacity of the rider to safely try the features of a Cyclocross course needs to be considered carefully by Coaches or Instructors at the outset of the event.
Physical ability Recommend participants are able to mount/dismount bicycle	Assess independence. Provide support personnel to assist participants if required. Ability to ride on varied terrain to be assessed by Coach or Instructor at commencement of session. Recommended to have participants complete a pre session questionnaire relative to their self-assessment of the skills that you anticipate will be taught/utilised during your session.
Permission from land manager/owner Mandatory	Each area for intended sessions will require approval from land manager/owner prior to commencement of each session. Provide details of approvals/lease agreements or permissions with applications.

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