

AusCycling Club Come and Try sessions – Mountain Bike 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	INTRO TO RACING
Trail difficulty system (TRDS) Mandatory	The event cannot use Difficult (Black Diamond trails or above). Coach/es should consider the rider's experience and fitness level before riding on challenging trails	The event cannot use Extreme (Double Black Diamond trails). MTB Clubs wanting to ride on Difficult (Black Diamond trails) need to provide a Risk Management Plan in addition when applying.
Coach to participant ratio Mandatory	Coach to Participant Ratio is 1:10 (for adults) and 1:8 (for juniors). AusCycling recommends at least 2 x coaches present.	Coach to Participant Ratio is 1:10 (for adults) and 1:8 (for juniors). AusCycling recommends at least 2 x coaches present.
Official (Commissaire) Mandatory		Minimum of 1 Commissaire present.
Protective clothing Mandatory	LONG PANTS or track pants that are fitted at the ankle are best. Short pants can be used. LONG SLEEVE TOP is best to cover exposed skin. Any types of GLOVES that have complete hand and finger protection. An Australian Standard non full-face helmet can be used (unless stated otherwise). Shoes must be fully enclosed. Strongly recommended that participants bring: <ul style="list-style-type: none"> • Suitable backpack with water/food • Innertubes/ puncture repair kit • Multi tool • Eye protection (glasses or goggles) • Protective gear such as knee pad and elbow guards 	Must follow the Technical Regulations for Mountain Bike in respect to the protective clothing and helmet requirements deepening on the nature of the event. Shoes must be fully enclosed.
Bike Recommended and Club may wish to hire bikes out	A hardtail or dual suspension MTB bike are acceptable.	A hardtail or dual suspension MTB bike are acceptable.
Equipment Mandatory	Basic First Aid Kit Toolkit	Basic First Aid Kit Toolkit

	Bike Pump Spare Tubes	Bike Pump Spare tubes
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We are here to help you. Please direct any questions to clubs@ridenation.com.au