

AusCycling Club Come and Try sessions – Track 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
Coach to participant ratio Mandatory	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) Mandatory		Minimum of 1 Official (Commissaire) present.
Protective clothing Mandatory	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 Recommended and Club may wish to hire bikes out to participants	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. *Hire bikes may be available	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. *Hire bikes may be available
Equipment Mandatory	Basic First Aid Kit	Basic First Aid Kit

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