

BMX Training Session Guide

DEFINITION

A training session is sanctioned / authorised by a BMX Club for training purposes and includes gate practice.

OBJECTIVE

Training sessions are part of the development for riders of all ages and ability levels. These sessions allow riders to train at their own intensity and skill level. These sessions also provide a fun pressure free environment outside of racing.

OFFICIALS

If under 12 riders are at gates/training session:

- A minimum of one (1) official, with a minimum current accreditation of BMX Club Official, is required to conduct a Gate practice/Training session.
- This official will be both the Gate Starter and Track Controller provided they have an unobstructed view of the track.

If over 12 riders are at a gates/training session:

- One (1) official will be the Gate Starter and one (1) official will be the Track Controller. These must be different people.
- The Track Controller must position themselves where they have an unobstructed view of the track.
- If using an 8M Supercross Hill, the Gate Starter must have an 8M Hill Accreditation.

FIRST AID

- A minimum of one (1) individual in attendance must act as a first aid officer. This may be a coach or official in attendance.
- The nominated first aid officer must hold a current accreditation of "Provide First Aid" HLTAID003/HLTAID011 or above. Members who are qualified doctors/nurses may act as the first aid officer.
- The first aid officer must always be on the track.
- The first aid officer cannot attend the training session or gates as a rider.
- The first aid officer can also be the Track Controller or Gate Starter. However, should there be an incident where first aid is required, then all track/gate activities must cease until the first aid attendant is available to resume their position.

PRO STRAIGHT AND 8M HILL ELIGIBILITY

Riders aged 13 years wishing to gain access to Advanced Sections (Pro Straights and 8M Start Hill) of the track during a club training/gate session must have Advanced Rider Certification.

For further information see [Advanced Rider Certification](#) Guide.

CLIP PEDALS

- Can be introduced to under 13 years riders when a Coach or Instructor deems, they are “ready”.
- "Ready" is defined as being able to competently pump, jump, manual and gate start.
- Riders should not use clip pedals until they have developed the skills of pumping, jumping and manualing.

AIM

- For riders to have greater understanding of clip pedals and smoother transition to 13+ Categories.

PRO-SECTIONS – 13 YEARS (YEAR OF BIRTH) AND OVER

- Development and Advanced Coaches -BMX can introduce pro -sections to 13 years and above riders, when they are deemed to be mentally and physically capable of safely executing a pro-section.
- If an Instructor or coach who is including pro-sections in their coaching/instructing session, has a rider they are not familiar with join their session, they (or an appointed Development or Advanced Coach -BMX) must evaluate the suitability of the rider to ride the pro-section on another section of the track, prior to the rider attempting the pro section as part of the coaching session.
- A coach/instructor may prohibit a rider from attempting a pro-section whom they deem not ready.

8M SUPERCROSS HILL – 13 YEARS (YEAR OF BIRTH) AND OVER

- An accredited Advanced Coach - BMX may coach riders off an 8m hill.
- An accredited Development Coach/Instructor -BMX with an 8m hill accreditation may coach riders off an 8m hill.
- A Development Coach -BMX or instructor may apply to AusCycling for 8m hill accreditation. AusCycling will determine if such an accreditation is required.

CLUB TRAINING/GATES – ADVANCED SECTIONS

- Clubs are required to appoint an appropriately accredited BMX Coach(s), to oversee and control the guidelines in relation to 8m hill use and Pro-sections.
- An accredited Development or Advanced Coach BMX must be at the Club to over-see the use of the pro-section for riders aged 13+ at a training or gate night who do not have Advanced Rider Certification.
- Similarly, an accredited Advanced Coach - BMX or Development Coach -BMX must be at the Club and overseeing the use of the 8m hill at a training or gate nights for riders who do not have Advanced Rider Certification.
- Over-seeing means the Club should ensure the accredited Advanced Coach BMX or the 8m hill accredited Development Coach -BMX being appointed to the overseeing role meets their duty of care with respect to safely permitting a 13+ rider access to the 8m hill or pro-straight.

USE OF MOUNTAIN BIKES

- Clubs may choose to permit Mountain Bikes to train on BMX Racing Facilities under the following conditions:
- No racing may be conducted (only training)
- An accredited Development Coach (or above) must review and endorse a rider as component to train on a Mountain Bike.
- All riders with BMX Advanced Rider Certification may train on a Mountain Bike.
- Only 5m hills and below may be used. An exemption may be provided to elite level riders by AusCycling.
- Training may be conducted at the same time as club sanctioned training/gate sessions with individuals on a BMX bike.

Skills Permitted to Teach

ITEM	LEVELS		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
REMIT BMX			
Ratio 1:12 (Non-Traffic)	✓	✓	✓
Ratio 2:5 Children (Low Traffic)	✓	✓	✓
Ratio 2:7 Adults (Low Traffic)	✓	✓	✓
Minimum 3 riders when working with U18's	✓	✓	✓
Non-Traffic (BMX pump track, bowl, park, ovals, parkland)	✓	✓	✓
Low Traffic (Cycle paths and roadways)	✓	✓	✓
ESSENTIAL TRAFFIC SKILLS (Travelling to Venues)			
Hand signals	✓	✓	✓
Entering a roadway	✓	✓	✓
Dangers of blind spots/vehicle cues/car doors	✓	✓	✓
Positioning/Intersections/turning lanes/roundabouts	✓	✓	✓
Riding in a group in traffic (Per remit ratios)	✓	✓	✓
ESSENTIAL RIDE SKILLS (Core Cycling Skills)			
Basic mount/dismount	✓	✓	✓
Pedal technique	✓	✓	✓
Braking and stopping	✓	✓	✓
Ride in a straight line	✓	✓	✓
Scanning – forwards and backwards	✓	✓	✓
Slow riding	✓	✓	✓
One handed riding	✓	✓	✓
Cornering on flat	✓	✓	✓
Pace judgment	✓	✓	✓
Descending	✓	✓	✓
Ascending	✓	✓	✓
Ready position	✓	✓	✓
Track stand	✓	✓	✓
BMX SKILLS RIDING FOR FUN (BMX Race, Pump Track and Park)			
Gate Start	✓	✓	✓
Beginner Manualing	✓	✓	✓
Pumping	✓	✓	✓
Cornering	✓	✓	✓
Track Navigation	✓	✓	✓
Riding in Groups	✓	✓	✓
Basic Bike Skills	✓	✓	✓
Balancing Skills	✓	✓	✓
Braking	✓	✓	✓
Bunny Hops	✓	✓	✓
Beginner Jumping	✓	✓	✓
Berm	✓	✓	✓
Carving (Quarter pipe or ramp < 1.2m, minimal/no coping)	✓	✓	✓
Hip (Low angle)	✓	✓	✓
<p>The Foundation Instructor BMX Freestyle (FI BMXF) endorsement allows for the instructor to work with individuals or groups (Subject to age and minimum/maximum ratios) on recognised local government approved community facilities. The FI BMXF will work with riders at the beginner level and work on the foundational skills to prepare riders who would aspire to ride on the various designs of Pump Track, Park and Bowl facilities within the AusCycling specified remit.</p>			

ITEM	LEVELS		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
RIDING TO RACE			
Coaching Ratio 1:12	✓	✓	✓
Racing Tactics	X	✓	✓
Pro Straights	X	✓	✓
Sprint Training	X	✓	✓
Off Bike Fitness/Cross-Training Exercises	X	✓	✓
Session and Annual Training Plans	X	✓	✓
8m Hill	X	✓	✓
RACING TO WIN			
Coaching Ratio 1:12	X	✓	✓
Athlete Assessment	X	✓	✓
Performance Testing	X	✓	✓
Fundamentals of Psychology	X	✓	✓
Injury Management	X	✓	✓
Periodised Training	X	✓	✓
Nutrition Planning	X	X	✓
Resistance Planning	X	X	✓
Ride Age (Year of Birth)	Under 13 Years	13+ Training	16+ Racing
Clips - Racing	X	✓	✓
Clips - Training nights (when rider is deemed ready - defined as rider can pump, manual, jump, gate start with confidence)	✓	✓	✓
Pro Straights	X	✓	✓
8m Supercross Hill	X	✓	✓

Accredited Coach

An accredited coach can work with riders of any age and ability; but must coach within the scope of the skills they are accredited to deliver.

Trainee

A Trainee AC Development Coach – BMX can coach development level skills once they have completed their 10 hours of assisting a Development accredited Coach. However, an authorised Development Coach must be in the vicinity of their coaching session, aware it is taking place and sign their Workbook as the supervising Coach.

Advanced Coach

An Advanced Coach – BMX may coach the advanced skills.

Riding for FUN

The role of the Coach is to:

- Increase participation
- Encourage athletes to have fun while learning fundamental skills, developing, and refining skills.

Typically, the rider will be using a balance bike (called a Mini-Wheeler) or under 8 age category rider (sometimes called a Sprocket) or just starting out at the entry level. A Foundation Instructor – BMX however, can work with riders of any ability within the scope of their accredited skills.

Riding to Race

The role of the Coach is to:

- Prepare and introduce Riders to racing including building fitness, developing and refining skills.

The rider will range from Club level through to State/Territory and National championship level.

Racing to WIN

The role of the Coach is to:

- Develop and support higher performing and State/Territory Team and National riders who are competing at National Championships, National Series, and international events.

An Advanced Coach – BMX has the underpinning knowledge for training an emerging elite rider who seeks to represent Australia at Junior or Elite international events.