

## Track Instructor/Coach Accreditation: Components of Remit and Skills

TRACK	LEVEL OF REMIT		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
Foundation, Talent, Elite, Mastery (FTEM)			
<b>FOUNDATION REMIT (Riding for fun)</b>			
Ratio 1:15 (non-traffic)	✓	✓	✓
Ratio 2:5 Children (low traffic)	✓	✓	✓
Ratio 2:7 Adults (low traffic)	✓	✓	✓
Minimum 3 riders when working with U 18's	✓	✓	✓
Non traffic (Ovals, parks, bike paths, cycling tracks/velodromes) Low traffic (Roadways)	✓	✓	✓
<b>RIDING FOR FUN (Track Instructing Skills)</b>			
Basic mount/dismount	✓	✓	✓
Pedal technique	✓	✓	✓
Starting and stopping (inner/outer) fence	✓	✓	✓
Ride in a straight line	✓	✓	✓
Scanning - forwards and backwards	✓	✓	✓
Slow riding	✓	✓	✓
One-handed riding	✓	✓	✓
Cornering	✓	✓	✓
Change gears using tools	✓	✓	✓
Pace judgement	✓	✓	✓
Passing on straight and bends	✓	✓	✓
Climbing banking (Beginner)	✓	✓	✓
Descending banking (Beginner)	✓	✓	✓
Ready position	✓	✓	✓
Track stand	✓	✓	✓
Paceline turns	✓	✓	✓
<b>ESSENTIAL TRAFFIC SKILLS (using appropriate road or mountain bike only)</b>			
Hand signals	✓	✓	✓
Entering a roadway	✓	✓	✓
Dangers of blind spots/vehicle cues/doors	✓	✓	✓
Positioning/intersections/turning lanes and roundabouts	✓	✓	✓
Riding as a group in traffic (per remit ratios)	✓	✓	✓

TRACK	LEVEL OF REMIT		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
<b>SKILLS AND TACTICS (TRACK)</b>			
Bunch positioning	✓	✓	✓
Handheld start	✓	✓	✓
Flying 200 (outdoor)	✓	✓	✓
Track stand on banking (outdoor)	✓	✓	✓
Flying 200 (indoor)		✓	✓
Electric gate start		✓	✓
Holding opponent on hip		✓	✓
Track stand on banking (indoor)		✓	✓
Bunch formations (paceline, large bunch)		✓	✓
Attacking from a bunch, jumping gaps		✓	✓
Chasing gaps		✓	✓
Team Time Trial (outdoor)		✓	✓
Team Pursuit (outdoor)		✓	✓
Madison (outdoor)		✓	✓
Conduct velodrome motor pace (outdoor)		✓	✓
Ride as a team at State level		✓	✓
Team Time Trial (indoor)			✓
Team Pursuit (indoor)			✓
Madison (indoor)			✓
Conduct velodrome motor pace (indoor)			✓
Ride as a team at National level			✓