

# Minimum Delivery Standards

All Come and Try events must adhere to AusCycling coaching, safety and ratio requirements. The standards and specific requirements set by venues (such as mandatory safety gear or site-specific protocols) must also be recognised and followed.

## BMX & BMX Freestyle

### **Coach to Participant Ratio:**

- 1:12 (Mini Wheelers and BMX)
- 1:12 Freestyle Park or Bowl

**Coaching:** Minimum two accredited coaches recommended.

At least one must hold Foundation Instructor – BMX (or equivalent).

**Officials:** Minimum two accredited Club Officials required.

### **Protective Equipment:**

- Australian Standard helmet mandatory
- Full face helmet required for start hill
- Long pants or approved protection
- Long sleeve top
- Full finger gloves
- Enclosed shoes

### **Start Hill Use:**

Generally not permitted. May be used under strict guidelines:

1. Rider demonstrates appropriate skill
2. Full face helmet worn
3. Coach present
4. Hill under 5m
5. Participant likely to join club

## Cyclo-cross

**Coach to Participant Ratio:** 1:15 (Park, Non-Roadway)

**Coaching:** Foundation Instructor – CX, MTB or Road

**Officials:** Not required

### **Protective Equipment:**

- Australian Standard helmet
- Long sleeves recommended
- Gloves recommended
- Enclosed shoes

Land manager approval required.

## Mountain Bike (MTB)

Gravity Enduro and Downhill trails will not be approved.

**Coach to Participant Ratio:**

- 1:15 Open Park

- 1:8 Juniors (trail environment)
- 1:10 Adults (trail environment)
- Minimum 1:3 riders when working with juniors

**Coaching:** Minimum two accredited coaches recommended.

**Officials:** Not required

**Trail Rating:** Green (easy beginner trails only)

Land manager approval required.

**Protective Equipment:**

- Australian Standard helmet
- Long sleeves recommended
- Gloves recommended
- Enclosed shoes

## Para / Adaptive MTB

**Coach to Participant Ratio:** Determined case by case based on participant needs.

**Protective Equipment:** Club must consider equipment and additional support required.

**Officials:** Not required

**Protective Equipment:**

- Australian Standard helmet
- Gloves recommended
- Enclosed shoes

## Road / Criterium (Closed Circuit)

**Coach to Participant Ratio:** 1:15

**Coaching:** Minimum Foundation Instructor – Road

**Officials:** Not required for skills sessions

**Bike:** As specified in event details

**Protective Equipment:**

- Australian Standard helmet
- Gloves recommended
- Enclosed shoes

## Track

**Coach to Participant Ratio:** 1:15

**Coaching:** Minimum two accredited coaches recommended

**Officials:** Not required for skills sessions

Hire bikes may be available

**Protective Equipment:**

- Australian Standard helmet
- Long sleeves recommended
- Gloves recommended
- Enclosed shoes