

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

- For participants under 18: Minimum 1:3

Coaching:

- **BMX Racing:** Foundation Instructor – BMX (or equivalent).
- **BMX Freestyle:** BMX Freestyle Development Coach or above.

Protective Equipment:

- Australian Standard helmet mandatory
- Full face helmet required for start hill
- Long pants or track pants that are fitted at the ankle are acceptable. Short pants maybe used provided they are worn with suitable leg protection which covers the entire knee and skin until just above the shin.
- 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)

- For participants under 18: Minimum 1:3

Coach: Foundation Instructor – CX, MTB or Road

Protective Equipment:

- Australian Standard helmet
- Enclosed shoes

Mountain Bike (MTB)

Gravity Enduro and Downhill trails will not be approved.

Coach to Participant Ratio:

- 1:15 Open Park
- 1:8 Under 18 or combination of U18 and over 18 (trail environment)
- 1:10 Over 18 (trail environment)
- For participants under 18: Minimum 1:3

Coach: Foundation Instructor – MTB

Trail Rating: Green (easy beginner trails only)

Land manager approval required.

Protective Equipment:

- Australian Standard helmet
- Enclosed shoes

Para / Adaptive MTB

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

Minimum 1:3 riders when with Under 18

Coach: Foundation Instructor - MTB.

- For participants under 18: Minimum 1:3

Minimum 1:3 riders when with Under 18

Protective Equipment: Club should consider equipment and additional support required.

- Australian Standard helmet
- Enclosed shoes

Road / Criterium (Closed Circuit)

Coach to Participant Ratio: 1:15

- For participants under 18: Minimum 1:3

Coach: Minimum Foundation Instructor – Road

Protective Equipment:

- Australian Standard helmet
- Enclosed shoes

Road (Low Traffic)

Coach to Participant Ratio: 2:5

- For participants under 18: Minimum 1:3

Coach: Minimum Foundation Instructor – Road

Protective Equipment:

- Australian Standard helmet
- Enclosed shoes

Track

Coach to Participant Ratio: 1:15

- For participants under 18: Minimum 1:3

Coach: Foundation Instructor – Track

Protective Equipment:

- Australian Standard helmet
- Gloves recommended
- Enclosed shoes