



BMX AUSTRALIA

Helmet Policy

Date adopted by the Board: 5th July 2018

Date Effective: 5th July 2018

1. It is the requirement of the Bicycle Motocross Australia (BMX Australia) Helmet Policy that **helmets must be worn by members at all times** when they are riding a bike.
2. For Competition and other BMXA sanctioned activities, including Gate Practice, Coaching/Training sessions:

*The helmet must be of a **full-face** one-piece design with a visor. BMX Australia endorse the Australian Standards Association(AS) and highly recommends the use of AS full-face helmets. Visors on full-face helmets should be detachable (i.e. recommended to be attached via a clip-on, magnetic or Velcro mechanism) and a minimum of 10cm as per UCI ruling.*

For BMX Australia Mini-Wheelers – non-full-faced Australian Standards helmets are acceptable.

For Ride in2 BMX events which are **not** permitted to hold activities using a start hill, non-full faced Australian Standards helmets are acceptable.

3. Damage to helmet – for Competition - the Chief Commissaire has the right to deem a helmet unsafe, due to accident or physical damage.

For other BMXA sanctioned events, including gate practice, coaching/training sessions (including mini-wheeler), C&T sessions, a BMXA accredited Official has the right to deem a helmet unsafe, due to accident or physical damage.

In the event that a helmet is deemed unsafe, the rider will be removed from the race or activity until a replacement helmet is presented for inspection and deemed safe.

A BMXA accredited Coach must ensure at all times the helmets of riders participating in their coaching/training session meet the requirements of this Helmet Policy.

4. Securely fitted helmet- no secondary device, (e.g. beanie/hat) to be used to help with correct fitment.
5. Neither the helmet nor its visor may be modified in any way.
6. Straps - to not be modified in any way,
7. Strap tension - maximum gap of no more than the width of the riders two fingers.
8. Whenever riding on **a road or in a public place** that is within the jurisdiction of a respective state road and traffic authority, an Australian Standards (AS) approved helmet must be worn. For the avoidance of doubt and fineable offence (via respective state road and traffic authority), this includes, but is not limited to, the following forms of riding:
 - All recreational, commuting, training rides, warmup and cool down rides
 - All Road racing.
 - All MTB racing.
 - All Cyclo-cross racing.
 - All Track Racing.
9. For **off-road** competition such as **BMX Racing**, a full-face helmet is required. Such helmets must conform to these regulations and any International Cycling Union (UCI) Regulations which may be applicable for the event a Rider is entering.
10. In regard to **Freestyle BMX**, which is conducted 'off-road' on skate parks and purpose-built facilities, BMX Australia highly recommend the use of AS approved helmets in competition and training.