

BMX AUSTRALIA STARTING HILL POLICY

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Background

1. Adherence to this policy by BMXA Member States and Clubs will ensure training and racing using any start hill which is above the standard 5 metre start hill is conducted safely and in accordance with BMXA recommendations.
2. This policy is designed to regulate the safe use of BMX Australia endorsed 8 metre bicycle motocross (**BMX**) start ramps (**8m Ramp**) and their use by licenced BMX Australia (**BMXA**) members.
3. The 8m Ramp is a significantly more difficult skill for BMX competitors to undertake compared to alternate starting methods and can often be viewed as quite daunting.

8m Ramp

4. The following factors are suggested for the construction of an 8m
 - (a) The surface material of the starting ramp must be of a firm grip. R=13 or use of an outdoor plywood with anti-slippery print is recommended.
 - (b) The sides of the starting ramp must be a closed construction with hand rails
 - (c) It is essential for high-capacity drainage to be installed at the bottom of the ramp.
 - (d) Access to the ramp can be provided through:
 - (i) a sloped path (recommended option); or
 - (ii) a staircase with hand rails at the back or either side of the ramp.
 - (e) Where stairs are used, they must be 2 metres wide with a gutter to role bikes up to the platform. Stairs must have rests at reasonable intervals.
 - (f) If there is enough space, the backside to the ramp can be earthed.
5. The dimensions of the 8m Ramp must be 8 metres
6. The minimum distance from the foot of the 8m Ramp to the start of the first jump must be 5 metres.
7. For further guidelines on the construction of an 8 metre start hill please contact BMX Australia

Eligibility criteria for use of 8m Ramp

8. Riders participating in an activity on an 8m Ramp must be:
 - (a) at least 14 years old year of birth

Common Types of Activities using an 8m Ramp

9. BMX Australia recognises that accredited BMX officials and coaches both play an important role and need to utilise an 8 metre hill gate for different reasons. It is also recognised that completion of the 8m Safety Training module alone does not mean officials are accredited to coach nor coaches accredited to officiate, and that although everyone plays a part in the safety on a BMX track, it is important to note who is responsible in the following popular scenarios
 - (a) Open Gate Sessions and Sanctioned Race Meetings
 - (i) A Level 2 Official or above who has completed the 8m safety training module is accredited to be in charge of operating the 8m gate during these activities
 - (ii) Coaches are not generally permitted up on the 8m start hill on these occasions unless permission is granted by the relevant authorities
 - (iii) Any coach not accredited to coach off an 8m start hill found to be coaching riders in 8m ramp skills during these activities is in breach of the coaches code of conduct (placing riders at risk) and may be subject to a review of their accreditation status
 - (b) Booked Coaching Sessions
 - (i) A Trainee Level 2 Coach or above who has completed the 8m Safety Training module is accredited to be in charge of the coaching sessions and recognised as having received suitable practical instruction to operate the 8m gate in a small group coaching environment
 - (ii) Coaches of larger groups are encouraged to source a suitably accredited official to assist with the operation of the gate.
 - (iii) Additionally, if the coaching ratio exceeds that of BMX Starting Hill Policy, all additional coaches are also required to have the same level of accreditation (for coaching on the ramp)
 - (iv) These coaching sessions are usually focussed on training riders to safely exit the 8m hill gate, navigate the descent of the ramp and safely execute the first obstacle. Due to the nature of coaching sessions, in these sessions it is not expected that both gates will be operating at the same time. If they are, the guidelines for dual operation must be followed.

Mandatory requirements for conducting BMX activities on an 8m Ramp

Coaching

10. All coaching or training sessions using an 8m Ramp must be conducted:
 - (a) by a coach or coaches with minimum BMX Australia Trainee Level 2 coaching accreditation

- (b) with a minimum coach to rider ratio of:
 - (i) 1 accredited coach to 8 riders for participants 18 years of age and over; and
 - (ii) 1 accredited coach to 3 riders for participants under 18 years of age; and
 - (c) in accordance with any other relevant BMXA guidelines.
11. A risk assessment in accordance with the *BMX Australia Risk Management - A Practical Resource for States & Clubs* must be conducted prior to every session using an 8m Ramp. The risk assessment must include the accredited coach:
- (a) checking the integrity and structural viability of the 8m Ramp;
 - (b) checking the safety case (if in use); and
 - (c) performing a general safety check.
12. Every session must include a safety briefing conducted prior to any riders using the 8m Ramp that includes an explanation of:
- (a) how an 8m Ramp differs from a 5m Ramp;
 - (b) key safety issues relating to the 8m Ramp that riders may be unfamiliar with;
 - (c) how to remove force coming into the first jump;
 - (d) how to land the first jump when compared to normal jumps;
 - (e) how wind can play a much larger role in the quality of the first jump after the 8m Ramp; and
 - (f) the regular pre-session safety briefing.
13. All sessions where one or more riders are using an 8m Ramp for the first time must include
- (a) a 'Safety Case' turning the first jump into a table-top until the coach or coaches are satisfied the riders no longer require it.
 - (b) Consideration of gender mix for the group
14. When conducting a session using an 8m Ramp, a coach must:
- (a) take the rider's, coaches and all other persons safety into account as the first priority;
 - (b) not leave the session whilst riders are using the 8m Ramp; and
 - (c) analyse, review and discuss rider performance immediately with riders to assess technique, initiate feedback and improve rider performance.
15. A sample coaching session using an 8m Ramp is enclosed at Schedule 1.
16. The coaches code of practice for 8 metre start hills is enclosed at Schedule 2

Officiating

17. All officials must be a BMX Australia accredited Level 2 official or higher and have participated in the 8 metre start hill induction course.
18. Officials must know how to install and have experience in operating a start gate
19. Officials must have knowledge on operating and draining start gate compressors
20. Officials must understand the age restrictions for riders eligible to access the 8 metre start hill
21. If there are duel start hills (8m and 5m) then only one gate is permitted to operate independently.
22. Officials must provide a duty of care and assess track and start hill conditions.

Competition

23. For international competitions being conducted under the UCI regulations only Elite Junior and Elite categories may be conducted on an 8 metre start hill.
24. For domestic competitions being conducted under the BMX Australia Rule Book only A / AA or Open Pro categories may be conducted on an 8 metre start hill

SCHEDULE 1

Sample induction training session for 8m Ramp

BMX Australia Session Planner

Name of Coach:		Date & Time:	
Venue Details:	<i>(Pro section incl. Supercross Ramp) Sleeman Sports Centre</i>		
No. of Riders:	<i>8 (max.)</i>	Level of Riders:	<i>Intermediate / Advanced (16years old and over)</i>
Equipment:	<i>Case or dirt to adjust first jump</i>		
Session Goal:	<i>By the end of the session, the riders will be familiar with the pro section of the Sleeman track and ride the 8m ramp quickly, skim onto table top and suck up the jump at the start of the track.</i>		
Skills to be developed:	<i>Starts, jumping.</i>		
Safety Considerations:	<i>Risk assessment and safety briefing completed. Gradient and length of the Supercross ramp (safety briefing needed for all riders, coaches and support staff involved). Also, the coach and support personnel need to be competent in setting up the safety case (and removing) for the first jump.</i>		
Element	Activity		Time
<i>Warm-up</i>	<i>Rolling on women's section, then increase intensity, moving onto men's section. Finish warm-up on 5m ramp.</i>		
<i>Main section</i>	<ol style="list-style-type: none"> <i>1. Outline to riders the force coming into the case/jump compared to normal jumps and how to land on it i.e. the subtle differences in landing technique.</i> <i>2. Start by rolling down the 8m ramp, feathering the brakes.</i> <i>3. Gradually increase speed, landing on the table top (created via the safety case*)</i> <i>4. Increase speed again, once again landing on the table top.</i> <i>5. Aim to reach approx. 40-50kph, skim onto table top and suck up the jump.</i> 		
<i>Tips</i>	<i>Use an experienced rider as a demonstration and to explain how the ramp and the pro section should feel</i>		
<i>Cool-down</i>	<i>Rolling around the track at an easy pace, re-visiting the 'feel of the track'.</i>		
Summary:	<i>Q & A, get rider feedback</i>		
Injuries:	<i>Write 'none' if no incidents</i>		

SCHEDULE 2

The Coach's Code of Practice at Supercross (SX) Tracks

In addition to adherence to the BMX Australia Coach's Code of Behaviour, a pre-requisite for all BMX Australia Coach Accreditation, it is necessary that coaches at Supercross tracks adhere to additional Code of Practice Guidelines:

- All coaches at any session using an 8 metre start hill at a BMX track must be fully orientated as a BMXA Supercross BMX Track coach.
- All assistant coaches at any session must also be fully orientated as a BMXA Supercross BMX Track coach.
- Coaches will arrive with adequate time prior to each session for checking the track, the 8m ramp, the safety case (when relevant), performing a general safety check, risk assessment and giving a safety briefing.
- Coaches will be clean and well presented.
- Coaches must be professional in their outlook and actions, helping enhance a positive image of BMX Australia, its coaches, and their own BMX club. Remember, the rider is a paying customer (directly or indirectly) and deserves a safe and quality product.
- Coaches have a duty of care for all riders, support staff and any others involved in their coaching session. Safety must be the paramount issue at all times.
- No coach shall leave the track while riders under their care are on the track. The only exception is when another Supercross track orientated coach is available, willing and able to take charge of the session in the interim.
- Coaches must be vigilant at all times.
- Coaches must take into account the experience of the rider partaking in their sessions. They may need to be assessed on their competency and ability to ride on the Supercross track (prior to riding) – for many riders this may be a daunting task, in particular the 8m ramp. It may be the case that a rider is refused entry to a coaching session due to safety concerns.
- Coaches should always promote BMXA activities and opportunities, where relevant, for riding and spectating.