

SKILLS	LEVELS		
	CLUB	LEVEL 1	LEVEL 2
RIDING FOR FUN			
Gate Start	✓	✓	✓
Manualing	✓	✓	✓
Pumping	✓	✓	✓
Cornering	✓	✓	✓
Track Navigation	✓	✓	✓
Riding in Groups	✓	✓	✓
Basic Bike Skills	✓	✓	✓
Balancing Skills	✓	✓	✓
Braking	✓	✓	✓
Bunny Hops	✓	✓	✓
Jumping	✓	✓	✓
RIDING TO RACE			
	CLUB	LEVEL 1	LEVEL 2
Racing Tactic		✓	✓
Pro Jumping		✓	✓
Sprinting On & Off Track		✓	✓
Off Bike Fitness/Cross-Training Exercises		✓	✓
Session and Annual Training plans		✓	✓
8m Start Hill Accreditation		✓	✓
8m Start Hill			✓
RACING TO WIN			
	CLUB	LEVEL 1	LEVEL 2
Performance Testing			✓
Fundamentals of Psychology			✓
Injury Management			✓
Periodised Training			✓
Nutrition Planning			✓
Resistance Planning			✓
Ride Age (Year of Birth)			
	Under 13 Years	13 Years	14 years Plus
Clips – Racing		✓	✓
Clips – Training nights (when rider is deemed ready – defined as rider can pump, manual, jump, gate start with confidence)	✓		
Pro Section			✓
8m Supercross Hill			✓

BMX Coaching Definitions

An accredited coach can work with riders of any age and ability; but must coach within the scope of the skills they are accredited to deliver.

A **Trainee Level 1 Coach** can coach Level 1 skills once they have completed their 10 hours of assisting a Level 1 accredited coach. However, an authorised Level 1 Coach must be in the vicinity of their coaching session, aware it is taking place and sign their Workbook as the supervising Coach.

A **Trainee Level 2 Coach** may coach the same skills as a Level 2 Coach.

Riding for FUN – the role of the Coach is to:

- Increase participation
- Encourage athletes to have fun while learning fundamental skills, developing and refining skills

Typically, the Rider will be a mini-wheeler, sprocket or just starting out/entry level, but a Club Coach can work with riders of any ability within the scope of their accredited skills.

Riding to RACE – the role of the Coach is to:

- Prepare and introduce Riders to racing including building fitness, developing and refining skills.

The rider will range from Club level through to State/Territory and National championship level.

Racing to WIN – the role of the coach is to:

- Develop and support higher performing and State Team and National riders who are competing at BMXA National Championships, BMXA National Series and internationally.

A Level 2/Racing to Win Coach has the underpinning knowledge for coaching an emerging elite young Rider who seeks to represent Australia at Junior or Elite international events.

Clips

- Can be introduced to under 13 years riders when a Coach deems, they are ready
- Ready is defined as being able to competently pump, jump, manual and gate start
- Riders cannot use clips until they have developed pumping, jumping and manualing

Aim:

For riders to have greater understanding of clip pedals and smoother transition to 13+ classes.

Pro-Sections – 14 Years (Year of Birth)

- Level 1 and 2 coaches can introduce pro-sections to 14 years and above riders, when they are deemed to be mentally and physically capable of safely executing a pro-section
- If a Coach who is including pro-section riding in a coaching session, has a rider they are not familiar with join the coaching session, they (or an appointed Level 1 or Level 2 coach) must evaluate the suitability of the rider to ride the pro-section, on another section of the track, prior to the rider riding the pro-section as part of the coaching session
- A coach may prohibit a rider from attempting a pro-section whom they deem not ready.

8M Supercross Hill – 14 Years (Year of Birth)

- A Level 2 coach may coach riders off an 8m Hill
- An 8m hill accredited Level 1 coach may coach riders off an 8m hill
- Level 1 coaches may apply to BMXA for 8m hill accreditation on recommendation by their State Association or being assessed by BMX Australia as being required.

Club Training Nights

- Clubs are required to appoint a coach/coaches, to oversee and control the above coaching guidelines
- If a club has a pro-section and/or 8m supercross hill, an accredited pro-section/8m Hill coach must be present for pro-section and the 8m hill to be included in a coaching session.

Coaches Clothing Code of Conduct

- Coaches are required at all times to wear appropriate clothing while they are coaching
- This includes covered shoes and neat and tidy attire
- If a coach is demonstrating skills on a BMX track, they must wear a full-faced helmet, long pants and other racing clothing as outlined in the [BMX Australia Rule Book](#) Clauses 38-42

Penalties – Licence Suspension

- Coaches who do not abide by the above coaching guidelines or evidence is provided that a coach is not operating within the BMX Australia Code of Behaviour, the report will be investigated and a coaching licence may be suspended.