



COACHING POLICY
8M START HILL



1 APRIL 2019

Background

1. The 8m Start Hill is a significantly more difficult skill for BMX competitors to undertake compared to alternate starting methods and can often be viewed as quite daunting.
2. This Coaching Policy is designed to regulate the safe use of BMX Australia endorsed 8 metre bicycle motocross (**BMX**) start hills (**8m Hill**) by licenced BMX Australia (**BMXA**) Coach members
3. Adherence to this policy by BMXA Coach Members, 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.

Eligibility criteria for use of 8m Start Hill

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

Common Types of Activities using an 8m Start Hill

5. BMX Australia recognises that accredited both BMX officials and coaches play an important role and need to utilise an 8-metre hill gate for different reasons. It is also recognised that for coach's completion of the 8m Hill Training module does not mean they are accredited to officiate and for officials being accredited as a State Official does not mean they are accredited to coach. Both coaches and officials play a part in safety on a BMX track, and it is important to note who is responsible in the following common scenarios.
 - (a) Open Gate Sessions and Sanctioned Race Meetings
 - (i) A State Official or above 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 start hill skills during these activities is in breach of the coach's code of conduct (placing riders at risk) and may be subject to a review of their accreditation status.
 - (iv) If a Club has an 8m Start Hill or Pro Straight, an accredited coach must be present for the 8m Gate or pro-straight to be accessible in a coaching session.

- (b) Booked Coaching Sessions
 - (i) A Level 1 8m Start Hill accredited Coach or Level 2 Coach is able to be in charge of coaching sessions and is recognised as having received suitable practical instruction to operate the 8m gate in a small group (not more than 12 riders) coaching environment.
 - (ii) If there are more than 12 riders in a coaching session, an additional coach with an 8m Hill accreditation must be in attendance.
 - (iii) These coaching sessions are usually focussed on training riders to safely exit the 8m hill gate, navigate the descent of the start hill and safely execute the first obstacle. Due to the nature of coaching sessions, it is not expected that dual gates will be operating at the same time. However, if they are, the guidelines for dual operation must be followed (see Schedule 3)

Mandatory requirements for conducting BMX Coaching activities on an 8m Start hill

Coaching

- 6. All coaching or training sessions using an 8m Start hill must be conducted:
 - (a) by a Level 1 8m Start Hill accredited Coach or Level 2 BMXA Coach.
 - (b) with a minimum coach to rider ratio of:
 - (i) 1 accredited coach to 12 riders who are 14 years of age and over;
 - (c) in accordance with any other relevant BMXA guidelines.

- 7. 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 start hill. The risk assessment includes the accredited coach considering:
 - a) Electrical power point is in good condition
 - b) Start hill is clean and free of obstacles
 - c) Start hill surface is in good condition
 - d) Performing a general visual safety check to identify items such as damaged wooden start hill panels, holes on the boards or similar visual damage.
 - e) structural integrity review of the 8m start hill is not the role of the coach

8. Every session must include a safety briefing conducted prior to any riders using the 8m Start hill that includes an explanation of:
 - (a) how an 8m Start hill differs from a 5m Start hill;
 - (b) key safety issues relating to the 8m Start hill 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 Start hill; and
 - (f) the regular pre-session safety briefing.
9. All sessions where one or more riders are using an 8m Start hill for the first time must include
 - (a) Demonstration on other sections of the track that a rider is capable of executing the 8m hill and first jump.
 - (b) Rolling down the 8m start hill
 - (c) Consideration of gender mix for the group
10. When conducting a session using an 8m Start hill, a coach must:
 - (a) take the riders, coaches and all other person's safety into account as the first priority;
 - (b) not leave the session whilst riders are using the 8m Start hill; and
 - (c) analyse, review and discuss rider performance immediately with riders to assess technique, initiate feedback and improve rider performance.
11. A sample coaching session using an 8m Start hill is enclosed at Schedule 1.
12. The coaches code of practice for 8 metre start hills is enclosed at Schedule 2

Competition

13. For international competitions being conducted under the UCI regulations only Elite Junior and Elite categories may be conducted on an 8-metre start hill.
14. For domestic competitions being conducted under the BMX Australia Rule Book only SuperClass categories may be conducted on an 8metre start hill

Sample induction training session for 8m Start hill

BMX Australia Session Planner

Name of Coach:		Date & Time:	
Venue Details:	<i>(Pro section incl. Supercross Start hill) Sleeman Sports Centre</i>		
No. of Riders:	<i>12 (max.)</i>	Level of Riders:	<i>Intermediate / Advanced (14years old and over)</i>
Equipment:			
Session Goal:	<i>By the end of the session, the riders will be familiar with the pro section of the track and confidently execute the 8m start hill.</i>		
Skills to be developed:	<i>Starting, jumping and gaining confidence</i>		
Safety Considerations:			
Element	Activity		Time
<i>Warm-up</i>	<i>Warming up on the smaller sections of the track will allow riders to ease into the session.</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</i> <i>2. Start by rolling down the 8m start hill, feathering the brakes.</i> 		
<i>Tips</i>	<i>Use an experienced rider as a demonstration and to explain how the start hill 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 8M START HILL SUPERCROSS (SX) TRACKS

In addition to adherence to the BMX Australia Coach's Code of Behaviour, coaches at 8m Start Hill Supercross tracks are required to adhere to the following additional Code of Practice Guidelines

- All coaches at any session using an 8 metre start hill at a BMX track must be accredited as an 8m Start Hill coach.
- All assistant coaches at any session must also be accredited as an 8m Start Hill Coach.
- Coaches will arrive with adequate time prior to each session for checking the track, the 8m start hill, the safety case (when relevant), performing a general safety check, risk assessment and giving a safety briefing.
- Coaches will be clean and well-presented and wearing covered shoes.
- 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.
- Riders being coached on the 8m Hill must be 14years of age or older.
- No coach shall leave the track while riders under their care are on the track. The only exception is when another 8m Hill accredited 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 taking part in their sessions. If the Coach is unfamiliar with a rider, they should be assessed prior to riding on their competency and ability to ride pro-sections and 8m Hill. The assessment should be carried out by another Level 1 or Level 2 coach on another section of the track.
- A coach may prohibit a rider from attempting a pro-section and/or 8m Hill whom they deem not ready.

SCHEDULE 3

8M GATE PRACTICE SESSION - DUAL OPERATING CONDITIONS.

The following outlines the operating process to operate an 8m gate during a dual gate practice session.

- The 8m gate starter is to advise the 5m hill gate starter that the 8m gate is about to commence operating.
- The 8m gate starter is to ensure that the operation of the hill is run in sync with the 5m hill. That is to ensure that the two gates do not operate at the same time.
- It is the responsibility of the 8m gate starter to ensure that the 5m gate starter is aware of when the 8m gate will be dropping /operating.
- The voice command of "8 metre" is to be clearly communicated, the 5m gate starter is to acknowledge the voice command. The 8m gate starter is not drop the gate until they are comfortable that the 5m gate starter is aware that the 8m gate about to drop.
- The 8m gate starter must at all times be aware of the "state" of the 5m gate. This is to ensure that the reset process is not started as to cause interference to the riders in the ready position on the 5m gate. Ie the reset "beeps" do not baulk the riders.
- The 8m gate starter is to clearly communicate to riders on the 8m gate and ensure that they are not in the "ready position" when the 5m hill is going through the reset process. Ie the reset "beeps" do not baulk the riders.
- Once the 8m gate starter has communicated the 8m gate is about to operate, the 8m gate starter must ensure that the track is in a respective "clear state" ie that ensure the gate is not dropped until the riders are clear of the first straight to a point of the entry into the first berm.
- The 8m gate starter is to assume full safe control of the flow of riders through the 8m hill.
- Once the 8m hill has finished operation the gate starter is to advise the 5m gate starter that the 8m hill is now finished and closed.