

# **GUIDELINES FOR CLUB TRAINING SESSIONS**

**The guidelines below are for training purposes only.**

**All racing events, including club racing events, are required to adhere to the current BMX Australia Rulebook.**

## **DEFINITION**

A training session is sanctioned / authorised by a BMX Club for training purposes and includes gate practice “night’s” / events.

## **OFFICIALS**

- A minimum of 2 officials are required to conduct a gate practice / training session.
- 1 official would be the Gate Starter and 1 official would be the “Track Controller” with a dedicated first aid attendant also at the session (see below).
- The track controller must position themselves where they have an unobstructed view of the track.
- The gate starter and track controller must hold at least a BMXA Club official's accreditation.
- The gate starter and the track controller can be the same person, provided that they have an unobstructed view of the entire track.
- BMXA recommends that Track Controller & Gate Starter are different people.

## **FIRST AID**

- 1 dedicated first aid attendant who holds a minimum of a general first aid accreditation such as HLTAID003 (including current CPR) is required and should be located where they can view the track at all times.
- The first aid attendant cannot be attending the training or gates session as a rider
- Members who are qualified doctors and nurses can act as the dedicated first aid provider.
- The first aid attendant can also be the Track Controller or the Gate Starter. However, should there be an incident where first aid is required, then all track / gate activity must cease until the first aid attendant is available to resume their position.