

## What Can You Expect at Your Practical Assessment Session?

Attendees at Practical Assessments sessions have completed the theory component of the Club coaching course, have an up to date volunteer or open membership with BMXA and have signed the Coach's Code of Behaviour.

They also have:

- Current First Aid
- Current CPR
- Current Working with Children Check
- ASADA Level 1
- Play by the Rules Child Protection Certificate
- Sport AUS Community Coaching Principles certificate

### **Practical Assessment Sessions**

Attending a practical assessment session aims to ensure as an aspiring coach you are competent the areas of:

- helmet requirements
- bike set up
- group management
- teaching and communication skills
- delivery of appropriate BMX skills for Club level BMX riders.

### **Key Assessment Requirements**

- You'll be required to demonstrate the various requirements and skills consistently throughout the assessment.
- You can re-do the requirements and skills as many times as necessary to achieve competency.

### **Your assessment will be in 3 parts:**

#### **Section 1 – Welcome and Introduction (15mins)**

The Assessor will welcome you, mark off your attendance, outline how the assessment will proceed and the requirements to be assessed as competent.

#### **Section 2 – Outline of Rider Skills Assessment (20mins)**

These are the 6 rider skills you'll be assessed on:

Gate Start  
Pumping  
Manualing  
Jumping  
Cornering  
Braking

### **Section 3 – Pre Session Preparation (35mins)**

You'll be asked to competently assess the environment where you are coaching for risk and report any findings. You'll walk the track with your group and complete a Track Inspection Guide accurately and thoroughly.

You'll be expected to transfer any appropriate risk management information to your Session Planner and advise the Club.

[Track Inspection Guide – Click here and scroll down to select](#)  
[Coaching Session Template – Click here and scroll down to select](#)

You'll be asked to competently assess a club level BMX rider's helmet, bike and safety equipment. You'll need to provide feedback on any minor adjustments or repairs required. You'll need to make sure there is sufficient coaches and equipment to conduct your coaching session.

You'll be asked to inspect a Riders bike prior to and as part of the warm-up.

#### **Track Risk Management Assessment Tasks**

1. Complete Track Inspection Guide
2. Transfer required information to Session Planner
3. Check there is sufficient equipment and coaches required to conduct the session

#### **Helmet Check Assessment Tasks**

1. Check the helmet is full faced with a visor of a minimum of 10cm
2. Check the helmet has no cracks or splits or obvious damage to the shell
3. Check the helmet sits firmly & horizontally on the head & is the correct size
4. Check the strap is firmly done up under the chin
5. Advise the rider if the helmet does not meet all of the requirements, where to go and what is needed to ensure they have a helmet that meets the requirements
6. Teach the rider to conduct the helmet fit themselves

#### **Bike Assessment Tasks**

1. The attendee should check the rider's saddle height and crank length
2. The attendee should check the rider's handlebar reach and height

### **Section 4 – Rider Skills (90mins)**

You'll be asked with a partner or by yourself to demonstrate the instruction of skills to riders competently and confidentially. Your session should adhere to the [Club BMX coaching remit](#).

#### **Rider Skills Assessment Task**

The Attendee is required to demonstrate the assessment tasks set out in the practical task checklist below. You'll be expected to:

- *Ensure a suitable progression of activities that suits the ability level of riders*
- *Adopt your activities and coaching methods to cater for varying abilities*
- *Demonstrate good group organisation techniques including*
  - o *monitoring and controlling the group's behaviour*
  - o *use of clear and concise communication throughout the session*
- *Provide constructive feedback & corrections to the riders in a positive manner*
- *Conduct your session in a safe, ethical, and positive manner*

<b>PRACTCAL TASK CHECKLIST</b>			
<b>Skill</b>	<b>Requirement</b>	<b>Competent</b>	<b>Not yet competent</b>
<b>Warm Up</b>	Conduct a warm-up which will include activities to allow riders to prepare for the main skill requirements. This will provide attendees an opportunity to assess the riders bike set up and level of ability.		
<b>Gate Start</b>	The Coach will instruct the rider/s to safely align their bike onto the gate in the correct position. Provide instructions for balancing and executing a gate start without assistance.		
<b>Pumping</b>	The Coach will instruct the rider/s on how to safely execute pumping using the correct technique of arms, legs and torso.		
<b>Manualing</b>	The Coach will instruct the rider/s on how to safely execute Manualing, using the correct technique of arms, legs and torso.		
<b>Jumping</b>	The Coach will instruct the rider/s on how to safely execute Jumping using the correct technique of arms, legs and torso.		
<b>Cornering</b>	The Coach will instruct the rider/s on how to safely execute a corner using the correct technique when entering and exiting the Corner. Pedal, body position and line of sight are key points.		
<b>Braking</b>	The Coach will instruct the rider/s on how to apply their brakes smoothly without locking up the rear wheel.		

### **Section 5 – Session Review (15mins)**

You'll be asked to review your session and demonstrate self-evaluation to your Assessor.

#### **Session Review Assessment**

1. Self-evaluate how the session went – review, analysing strengths and weaknesses of own coaching methods
2. Obtain feedback from other coaches, riders,
3. Identify where modification might be necessary

### **Section 6 – Close (5mins)**

Great work – you've finished! And we hope to see you as a BMXA Club coach soon.