



2018 BIKE SKILLS ENDORSEMENT INFORMATION

Bike Skills Endorsement Procedures for All Youth/Junior/U23 Athletes

The following information is for all ITU Youth (13-16yr), ITU Junior (17-19yr) and ITU U23 (20-23yr) athletes who wish to compete in national and/or state triathlons events with draft legal cycling leg including **Australian Youth | Junior | U23 Triathlon Series** and **Australian Youth & Junior Triathlon Championships**.

For the 2017/2018 membership season Triathlon Australia has three JUNIOR (12-19) membership types and two ADULT (over 20yrs) types:

- **ITU YOUTH (13-16yrs)** – Draft Legal Triathlon Events
- **ITU JUNIOR (17-19yrs)** – Draft Legal Triathlon Events
- **ITU U23 (20-23yrs)** – Draft Legal Triathlon Events
- **STANDARD JUNIOR (12-19yrs)** – Non-Drafting Triathlon Events Only ○ for all juniors under the age of 19 who do not wish to race draft legal triathlon
- **STANDARD ADULT (20yrs plus)** – Non-Drafting Triathlon Events Only ○ for all Adults over the age of 20 who do not wish to race draft legal triathlon

ITU YOUTH LICENCE (13-16yrs), ITU JUNIOR LICENCE (16-19) & ITU U23 (20-23yrs) LICENCE is for all athletes wishing to race draft legal triathlon particularly in the Australian Youth | Junior | U23 Triathlon Series. NB Age for 13-23 years as at **31 December 2018**

- ITU Youth (13-16yrs) - Born in the years 2002, 2003, 2004 or 2005
- ITU Junior (17-19yrs) - Born in the years 1999, 2000 or 2001
- ITU U23 (20-23yrs) – Born in the years 1995, 1996, 1997 or 1998



**AUSTRALIAN
YOUTH | JUNIOR | U23
TRIATHLON SERIES**

ITU Youth, ITU Junior & ITU U23 licence holders can compete in their respective category in the 2018 Australian Youth | Junior | U23 Triathlon Series. As well as;

- Any other YOUTH, JUNIOR or U23 draft legal triathlons sanctioned by respective state triathlon associations
- Any other non-drafting triathlons sanctioned by respective state triathlon associations

TRIATHLON AUSTRALIA MEMBERSHIP

To join Triathlon Australia and respective State/Territory Triathlon Association (STTA) as an ITU YOUTH, ITU JUNIOR or ITU U23 member simply go to Triathlon Australia's webpage www.triathlon.org.au and click on the Annual Membership portal. Ensure you select membership type – ITU YOUTH (13-16yrs), ITU JUNIOR (17-19yrs) or ITU U23 (20-23yrs). NB age as at 31 December 2018. When completed, the membership will go into a “pending” status file until the athlete draft legal endorsement status has been confirmed.

- If an athlete has previously held an ITU Youth or ITU Junior licence they do not need to do anything else.
- If this is an athlete first ITU Youth, ITU Junior or ITU U23 licence then see endorsement procedure below.

ENDORSEMENT PROCEDURE

The ITU YOUTH, ITU JUNIOR and ITU U23 endorsement procedure has two criteria: **Automatic** or **Demonstrated**.

Automatic Endorsement: any athlete who has previously held an ITU YOUTH, ITU JUNIOR or ITU U23 licence AND/OR raced in the Australian Youth or Junior Triathlon Series (DRAFT LEGAL) will be automatically endorsed for 2017/2018 season.

- **NB** – Athletes that have previously held an ITU Youth, ITU Junior or ITU U23 licence are **NOT** required to complete the online endorsement register.

Demonstrated Endorsement: any athlete who has **NOT** previously held an ITU YOUTH, ITU JUNIOR or ITU U23 licence, AND/OR has **NOT** raced in 2017 Australian Youth & Junior Triathlon Series (DRAFT LEGAL) event are required to have their bike handling skills/knowledge endorsed as “competent” to hold an ITU Youth, ITU Junior or ITU U23 licence.

- The endorsement assessment can be conducted by either;
 - a currently accredited NCAS Performance (Formerly Level 2) triathlon coach
 - an approved bike skills assessor in your respective STTA
 - SIS/SAS or AIS Cycling or Triathlon coaches
 - Triathlon Australia National or State Performance Coaches
- **NB** – Athletes that have competed in road/criterium cycling races and do not hold a current ITU Youth, ITU Junior or ITU U23 licence must still complete the demonstrated endorsement process above.

The online endorsement register is here:

<http://www.active.com/surry-hills-nsw/triathlon/races/triathlon-australia-draft-legal-endorsement-register-2016>

Once the endorsement status has been completed online the athlete membership status will be amended from “pending” to “confirmed” and the licence will be issued.

Family memberships that include an ITU Youth/ITU Junior child member: Please note that if this applies to you, you should still take out a family membership but then contact Triathlon Australia and we will manually upgrade the child in the system to an ITU Junior or ITU Youth and send them a new membership card stating their ITU Junior/ITU Youth status

The athlete must demonstrate practical knowledge and understanding of the skills on the below checklist.

DRAFT LEGAL TRIATHLON - Bike Skill Requirements Guide

As a guide for aspiring DRAFT LEGAL ITU Youth, ITU Junior and ITU U23 athletes and their coaches, athletes must be able to demonstrate competency and an understanding of the following bike skills as a minimum skill requirements to hold and ITU Youth, ITU Junior or ITU U23 licence:

- Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
- Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels and fall.
- Underlapping wheels through corners and the potential dangers.
- Hand position in a bunch, sitting on a wheel whilst having hands on "Brake Hoods" reduces reaction time and is not advised.
- Cornering lines, judging whether athlete can pedal around the whole corner or whether it is necessary to lift inside pedal up, cease pedalling and judging when pedal cycles can recommence.
- Reading the bunches reaction to the terrain, understanding when "concertina" and "whiplash" effects occur in the bunch.
- Paceline strategies, ability to peel off and retreat on correct side according to conditions.
- "Swapping Turns" or "Rolling Through", understand the role of pace and retreat lines and anticipating reactions needed by athlete.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
- Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.

For further information about the draft legal endorsement process please contact your respective state junior development/talent pathway coach or manager.

Bike	Competent	Not Yet Competent	Further Evidence Required
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BASIC BIKE HANDLING			
CLIPPING SHOES IN AND OUT			
MOUNT			
DISMOUNT			
BALANCE			
PEDALLING			
CADENCE RANCE			
SLOW RIDING			
RIDE A STRAIGHT LINE			
LOOK BEHIND WHILST RIDE A STRAIGHT LINE			
LOOK OVER SHOULDER			
LOOK UNDER SEAT			
LOOK UNDER RIGHT ELBOW			
GETTING OUT OF SADDLE AND SITTING BACK			
1 HANDED RIDING			
NO HANDED RIDING DRILL FOR BALANCE			
RIDING IN DROPS			
DRINKING WHILE RIDING WITH 1 HAND			
SLALOMS			
DODGING AN OBSTACLE			
JUMPING OBSTACLE			
RIDING OVER ROUGH SURFACES			
TURN 180 DEGREES IN 2.5 METRES			
CORNERING			
GEARS			
CHANGE GEARS			
GEAR SELECTION			

BRAKING			
FAST BRAKING			
FEATHERING BRAKES			
PRECISION BRAKING			
BRAKING ON LOOSE SURFACES			
CLIMBING & DESCENDING			
SEATED CLIMBING			
OUT OF SADDLE CLIMBING			
DESCENDING			
CORNERING WHILST DESCENDING			
RIDING WITH OTHER RIDERS			
PAIRS RIDING			
SITTING A WHEEL			
CORNERING IN A GROUP			
PACELINE RIDING			
TAKING TURN IN A PACELINE			
SCANNING			
POINT OUT HAZARDS			
ROLL THRU SMOOTHLY			