

BIKE SKILLS ENDORSEMENT INFORMATION

Bike Skills Endorsement Procedures for all Athletes Aged 13-19 years

The following information is for all athletes aged 13-19 years of age who wish to compete in national and/or state triathlon events with a draft legal cycling leg including **Australian Youth I Junior I U23 Triathlon Events (AYJU23)** and **Australian Schools Triathlon Festival (ASTF)**.

Triathlon Australia Membership Types

For the Triathlon Australia membership season there are a number of membership category types an athlete may register under, these are identified below. Please note the age for 13-19 years as at **31 December 2022**:

- **Premium or Standard Junior Membership**
- **Premium or Standard Junior (non-club) Membership**

Draft Legal Endorsement Procedure

The Draft legal endorsement can either be **Automatic** or **Demonstrated**.

Automatic Endorsement

Any athlete who has previously held a Draft Legal Endorsement will be automatically endorsed for 2021-22 season.

Procedure:

- The athlete should take out a Junior Premium or Standard TA Membership.
- Athletes that have previously held a Draft Legal Endorsement are **NOT** required to complete the online endorsement register every year.

Demonstrated Endorsement

Any athlete who has **NOT** previously completed a Draft Legal Endorsement, **AND/OR** has **NOT** raced in a draft legal event are required to have their bike handling skills and knowledge endorsed as “competent” to hold a Draft Legal Endorsement Credential.

Procedure:

- Contact your club/coach to let them know you are interested in undertaking a draft legal endorsement to start your training for it. See assessment below.
- Complete an endorsement assessment, they can be conducted by either:
 - A currently accredited Performance Triathlon Coach or higher; or
 - An approved bike skills assessor in your respective state triathlon association
- Undertake the draft legal endorsement with the assessor.
- Once completed successfully either the athlete (18+) or parent/guardian must add the details of the endorsement to the register: [Triathlon Australia DLE Register](#).

Athletes that have competed in road/criterium cycling races and do not hold a current a Draft Legal Credential must still complete the demonstrated endorsement process below.

Contacts

For further information about the membership/endorsement process please get in contact with your local State Triathlon Association:

ACT - director@act.triathlon.org.au

SA - development@sa.triathlon.org.au

NSW - mick.delamotte@nsw.triathlon.org.au

VIC - info@vic.triathlon.org.au

NT - ntjuniordevelopment@gmail.com

TAS - admin@tas.triathlon.org.au

QLD - development@qld.triathlon.org.au

WA - programs@wa.triathlon.org.au

DRAFT LEGAL TRIATHLON

Bike Skill Requirements Guide

As a guide for aspiring World Triathlon athletes and their coaches, athletes must be able to demonstrate competency and an understanding of the following bike skills as a minimum skill requirement to hold a Draft Legal Credential.

- 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 SKILLS ASSESSMENT CRITERIA

Assessment Item	Competent	Not Yet Competent	Further Evidence Required
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			