

## 2019 -20 BIKE SKILLS ENDORSEMENT INFORMATION

### Bike Skills Endorsement Procedures for all Athletes Aged 13-22 years

The following information is for all athletes aged 13-22 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 Series (AYJU23TS)** and **Australian Schools Triathlon Festival (ASTF)**.

#### Triathlon Australia Membership Types

For the 2019-2020 Triathlon Australia membership season there are a number of membership category types an athlete may register under, these are identified below. An athlete must only take out a draft legal memberships listed below if a draft legal endorsement has been successfully completed. If an endorsement has not been completed, then the athlete is to take out either the relevant non-drafting membership type (Junior or Adult) depending on their age. Please note the age for 13-22 years as at **31 December 2019**:

- **Youth Draft Legal (13-14yrs)** – Athletes with this membership are eligible to compete in Draft Legal Triathlon events.
- **Junior Draft Legal (15-18yrs)** – Athletes with this membership are eligible to compete in Draft Legal Triathlon events.
- **Junior (12-19yrs)** – Athletes with this membership participate in non-drafting Triathlon events only
- **Professional Development U23 (15-22yrs)** – Athletes with this membership are eligible to compete in ITU races up to Continental Cups & Continental Championships level as well as any other Triathlon, Duathlon, Aquathlon, Cross Triathlon or multisport event with prize money (male & female combined) up to but no greater than AUD \$10,000. This membership also gives athletes access to the TA travel Insurance Policy when competing/traveling overseas (provided the events sit within those referenced). in Draft Legal Triathlon events. (Application Only)
- **Professional (17+)** – Athletes with this membership are eligible to compete in Triathlon, Duathlon, Aquathlon, Cross Triathlon or Multisport events with overall prize money (male & female

combined) in excess of AUD \$10,000. This membership also gives athletes access to the TA travel Insurance Policy when competing/traveling overseas (Application Only).

- **Adult (20yrs+)** – Athletes with this membership typically participate in non-drafting Triathlon events only. However, athletes with this membership can compete in Age Group Draft Legal Waves i.e. at Age Group World Qualifying races and Age Group World Championships.

### **Draft Legal Endorsement Procedure**

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

#### **Automatic Endorsement**

Any athlete who has previously held a ITU Youth, ITU Junior, ITU U23 & Pro Dev U23/Professional Triathlon Australia membership **AND/OR** raced in the AYJU23TS will be automatically endorsed for 2019-2020 season.

Procedure:

- The athlete should take out a draft legal membership type relevant to their age year on year.
- Athletes that have previously held an ITU Youth, ITU Junior, ITU and Pro Dev U23/Pro membership are **NOT** required to complete the online endorsement register every year.

#### **Demonstrated Endorsement**

Any athlete who has **NOT** previously held an ITU Youth, ITU Junior, ITU U23 or Pro Dev U23/Pro membership, **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 Youth Draft Legal, Junior Draft Legal, Professional Development U23 or Professional membership.

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 assessor or parent/guardian must add the details of the endorsement to the register: [Triathlon Australia DLE Register](#).
- Triathlon Australia will authorise the endorsement and transfer the athletes membership from a Junior or Adult Triathlon Australia membership to a Youth Draft Legal, Junior Draft Legal, Professional Development U23 or Professional licence (upon further application) membership.
- Parents and/or athlete will be notified once this is complete.

Athletes that have competed in road/criterium cycling races and do not hold a current Youth Draft Legal, Junior Draft Legal, Professional Development U23 or Professional licence 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](mailto:director@act.triathlon.org.au)

NSW - [mick.delamotte@nsw.triathlon.org.au](mailto:mick.delamotte@nsw.triathlon.org.au)

NT - [ntjuniordevelopment@gmail.com](mailto:ntjuniordevelopment@gmail.com)

QLD - [development@qld.triathlon.org.au](mailto:development@qld.triathlon.org.au)

SA - [development@sa.triathlon.org.au](mailto:development@sa.triathlon.org.au)

VIC - [info@vic.triathlon.org.au](mailto:info@vic.triathlon.org.au)

TAS - [admin@tas.triathlon.org.au](mailto:admin@tas.triathlon.org.au)

WA - [programs@wa.triathlon.org.au](mailto:programs@wa.triathlon.org.au)

## DRAFT LEGAL TRIATHLON

### Bike Skill Requirements Guide

As a guide for aspiring ITU 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 Youth Draft Legal, Junior Draft Legal or Professional Development U23 membership:

- 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.

| Assessment Item                         | Competent | Not Yet Competent | Further Evidence Required |
|---|-----------|-------------------|---------------------------|
| <b>BASIC BIKE HANDLING</b>              |           |                   |                           |
| 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                               |           |                   |                           |
| <b>GEARS</b>                            |           |                   |                           |
| CHANGE GEARS                            |           |                   |                           |
| GEAR SELECTION                          |           |                   |                           |

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