



# Draft Legal Endorsement Procedure

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The following endorsement application is to be completed by **ALL** triathletes intending to compete in any Triathlon Australia/STTA sanctioned or international draft legal races who do not hold or have never held one of the following (draft legal) licences:

1. PROFESSIONAL/ELITE LICENCE: OPEN
2. PROFESSIONAL/ELITE LICENCE: U23 DEVELOPMENT (Interim)
3. ITU JUNIOR (16-19) LICENCE
4. ITU YOUTH (13-15) LICENCE

**Triathlon Australia (Draft Legal) Endorsement:** any athlete that has not previously held a draft legal licence is required to complete the below application form and have their bike handling skills/knowledge approved by **NCAS Level 2 Triathlon Coach** or **NCAS Level 1 Cycling Coach** before submission to Triathlon Australia for final approval.

## **The athlete must demonstrate practical knowledge and understanding of the skills on the attached checklist.**

### **As a guide athletes should:**

- 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.
- 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.
- Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels & fall.
- 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.

### Applying Athlete Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age as of 31 December 2015: \_\_\_\_\_

Triathlon Australia Licence Applying for (please circle):

1. PROFESSIONAL/ELITE LICENCE: OPEN
2. PROFESSIONAL/ELITE LICENCE: U23 DEVELOPMENT (Interim)
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Home Coach: \_\_\_\_\_ Coach's Contact Phone: \_\_\_\_\_

List any road cycling or criterium races you have competed with link to results:

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**DRAFT LEGAL ENDORSEMENT**

My Assessor is: \_\_\_\_\_

I am fully aware of the practical knowledge and awareness required to ride in a pack and have the necessary skills to compete in draft legal triathlons.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Assessor's Details**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Coaching Accreditation: Level: \_\_\_\_\_

Expiry: \_\_\_\_\_

NCAS Registration Number: \_\_\_\_\_

- I have personally witnessed the above triathlete demonstrate the minimum skill competencies and I am fully satisfied they meet the requirements to compete safely at a state/national/international draft legal level.
- I have completed and attached the bike skills competency checklist.
- By signing this document, I understand my coaching responsibilities as stated in the coach's code of ethics in particular section 5, 7 and 11.

Assessor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

BASIC BIKE HANDLING	Competent	Not Yet Competent	Further Evidence Required
CLIPPING SHOES IN AND OUT			
MOUNT			
DISMOUNT			
BALANCE			
PEDALLING			
CADENCE RANGE			
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			