



Strider / Beginner Class

Strider / Beginner classes are for children (5 and under) that are starting out at BMX or are unable to ride a full sized BMX bike.

Older children can also ride pedal bikes while learning to ride on the BMX track. Once a race BMX bike is being used, riders should progress to riding the full track. These riders can start at any height on the ramp that they feel comfortable. A parent can start them (hold and let the rider go), and if desired, run the track with them.

Safety

Minimum safety gear requirements

- Full fingered Gloves.
- Covered shoes.
- Covered legs.
- Covered arms.

Strider / No Pedals

- Bike Helmet. (open face is ok)

Bikes with Pedals

- A Full Face helmet is required.

One parent / guardian / responsible person per child in the staging area. Siblings / Family Members / Supporters are to remain in the viewing areas (off track). Dependent children are allowed to accompany parents, at own risk. For rider and the child's safety, children must be restrained in pushchairs/strollers or held onto.

A Parent / guardian / responsible person may run with the child if required. The parent must have covered footwear. It is highly recommended that the Parent / guardian / responsible person does not take a dependent child with them while on the track.

Practice time before club nights.

For rider safety an exclusive beginner / strider practice will be held each club night. One half of the track will be sectioned off for this practice. The practice will usually be 15 minutes before the start of racing (approximately 17:45). Shortly before practice, striders can assemble as per starting a moto (detailed below).

Striders / Small Pedals and beginner riders (that want to ride ½ track) are to wait until track supervisor has closed the 3rd and 4th straight for strider / beginner practice.

Beginner riders with bmx bikes may start at any point on the start ramp during normal practice. This is a good place for beginners to get used to riding the full track. A track supervisor will assist in starting the rider if requested.

Procedure

Strider/beginner races will be held at the beginning of each moto.

The staging area can be reached via the second pro corner, either by entering beside the start ramp or at the western side of the viewing area. If there is any doubt around where to safely enter the staging area, please ask a track supervisor or ask at the clubhouse for a track supervisor.

All strider and beginner classes will start at the beginning of the 3rd straight after the second corner. Children and accompanying and parent / guardian / responsible person (if required) are to assemble behind the barrier on the beginning of the third pro straight. The Strider / beginner class starter will wait until signaled by the Starter (Ramp) that it is safe to start assembling the striders / beginners on the track for their race.

The strider / beginner class starter will then assemble and release each moto as seen fit.

If the Parent / guardian / responsible person is not running with the rider then they should leave the rider at the start point and return to the staging area. Then make their way to the finish line and meet the rider and ensure that the rider exits the finish area safely.

As per all riders, strider and beginner riders are to exit the finish area and return via the backside of the start ramps. Once racing has begun ALL Riders / Parent / guardian / responsible person are not to cross across the finish line to the staging area. Other motos will be running and riders will be racing through the finish line.

Thanks alot for reading. Stride on!

SCBMX Committee