



Welcome to the **Sunset Coast BMX Club!** One of New Zealand's largest BMX clubs.

BMX is for kids of all ages (yes that means you too, grownups!),

BMX is a great opportunity for Mums and Dads to participate in and share the rewards of an exciting sport with their kids.

Once tried, you'll be hooked for life. Come along, give it a go!

80 Attewell Rd, Puni, Pukekohe

HOW TO JOIN OUR CLUB

The first 3 club nights are free so come along and give it a go. Then once you've got your pedals spinning, you can join up!

Application forms are available at check-in and can be returned to

secretary@sunsetcoastbmx.com with either a copy of the riders Birth Certificate or Passport, it is requested that riders join the SC BMX Club & BMXNZ once you have completed your three free club nights

CLUB NIGHTS

Clubnights at SCBMX cost just \$3 entry fee per rider, per night, or \$5 per family of 2 or more riders

CHECK-IN / REGISTRATION From 5pm approx. on Wednesdays closing just before 6pm so we can get racing!

RACING starts shortly after 6pm after our rider briefing.

Cancelations are posted to Facebook, and emailed/ texted to members -

<https://www.facebook.com/sunsetcoastbmxclub/>

TRAINING

Training sessions are on Tuesdays

Start time - Please be warm and ready to go

Striders 5pm

Juniors / Sprockets @ 5:30pm - 6:30pm

Seniors / Advanced Riders @ 6pm - 7:30 - 8pm

All licenced riders are welcome and are encouraged to come to training nights, where some of the more experienced riders give their time to coach other members.

HELPFUL INFORMATION TEAM ON CLUB NIGHTS

Look for the Fluro Vests with a big Question Mark. They are there to help and answer any question you may have. They will even give your bike a quick mechanical once over.

FOR HIRE

Bikes \$5 per night.

Helmets \$2 per night

Gloves \$1 per night

Please note we only have a limited supply of hire gear but are more than happy to recommend where to purchase your own.

FEES

Strider Membership \$ 100

(No Pedals) Strider Memberships can compete at Race meetings where Strider classes are available

Sprocket Membership \$135

(All Non-Strider Riders aged 7 or under as at 31st December each Calendar year)

Full Membership \$ 135

For riders aged 8 or over as at 31st Dec of the licencing year

These licences entitle you to race at club nights at Sunset Coast and other clubs as well as enter any BMX NZ races.

****A one-off Track Levy of \$100 is payable per family at the first licence registration. ****

This is to help with the continued improvement of the Sunset Coast BMX Clubs facility.

Your receipt will be returned to you at the next club night with your license. Sprockets will be issued with their number plate, but Club and Challenge Riders will need to purchase their own plates and numbers.

PARENT INVOLVEMENT

We highly encourage all parents to get involved in the club in whatever way they can.

This is a great way to feel part of the action, meet new people and show your kids your commitment to their sport.

HEALTH AND SAFETY

Full-face helmets are Compulsory. Excluding striders (e.g NO PEDALS).
long pants, tops with long sleeves such as sweatshirts must be worn.
Full finger gloves are Compulsory

Make sure any loose parts are tightened or replaced. Take bike stands and pegs off.
Ride the whole track in the right direction. Don't ride beyond your ability.

PLEASE DO NOT CROSS THE TRACK DURING RACING.

The starter cannot see the whole track.

If parents are not actually racing, they are still expected to be present at the track and take responsibility for their children, if their children are aged 15 or younger.

Please make sure that children who are not racing do not wander onto the track as it is very dangerous Sunset Coast BMX Club cannot be responsible if children are wandering unsupervised on the BMX track during racing and they are hit. We take every precaution to ensure that the track is clear before starting a race. You are responsible for your child's safety.

In the event that a rider is injured by all means go and help but assess the injury before moving a rider as the injury may be worse than it appears. Racing will be suspended until the track is cleared
We have several parents who have medical training who will be also be able to help.

Check that your bike is in working order prior to riding, ensure you have everything, clean, lubed and tightened ready to race!

HAPPY RIDING

SUNSET COAST BMX CLUB COMMITTEE