



MOUNTAIN BIKE AUSTRALIA

Mountain Bike Australia Limited

(MTBA Limited)

ACN 616 027 153

Guidelines on Junior Participation in Mountain Bike Events & Formalised Training/Skills Sessions

Distribution

MTBA Chief Executive Officer

MTBA Staff

All MTBA Members & Affiliates (available via the MTBA website)

Authorised by the CEO 19 March 2018

Controlled document: MTBA_MAN003/5

Review History

Version	Date Reviewed	Reviewed By	Date Endorsed	Content Reviewed/ Purpose
1.0	17/2/2010	Tony Scott	17/2/2010	Author – distributed to Committee & Clubs
2.0	26/6/2010	Tony Scott	26/6/2010	<ul style="list-style-type: none"> • Rectified inconsistencies in graphic • Distributed to Committee
3.0	6/10/2011	Tony Scott	6/10/2011	<ul style="list-style-type: none"> • Split up XCO and Endurance requirements • Adjusted race times for XCO for current UCI
3.1	1/9/2012	Tony Scott	1/9/2012	<ul style="list-style-type: none"> • Committee Endorsement
4.0	19/10/2017	Bob Morris & Evan James	1/11/2017	<ul style="list-style-type: none"> • Thorough review and update
5.0	16/03/2018	Evan James & Bob Morris	19/03/2018	<ul style="list-style-type: none"> • Revised MTBA recommendations.

1. Purpose

The purpose of this guideline is to advise those involved with junior MTB activities, including, but not limited to parents, teachers, coaches, skills instructors and event organisers on the MTBA recommendations regarding the participation in MTB events and training / skills sessions by junior rider's aged 3 to 18.

2. Coverage

The MTB events that are currently included in these guidelines are Cross Country - Olympic format, Cross Country - endurance (including multi- lap up to 24hr and marathon format), Cyclo-cross, and Gravity Enduro.

3. Introduction

As the National Sporting Organisation for MTB in Australia, Mountain Bike Australia (MTBA) has a responsibility to make recommendations on MTB participation by junior aged participants, including on the total weekly riding hours, event durations and the length and content of coaching sessions for junior riders (aged 3-18).

MTBA formulates guidelines according to current research, best practice, and with consideration to the guidelines implemented by other world-leading cycling and other sporting organisations, such as the Australian Institute of Sport.

MTBA recognises that young people differ from adults in a number of important physiological and psychological areas. These include:

- Shorter attention spans.
- Less developed energy systems.
- Less effective body cooling mechanisms.
- Poor ability to monitor their own fatigue levels.
- Heightened risk of dehydration.
- Higher susceptibility to heat and cold distress.
- Higher susceptibility to fractures, particularly during the growth spurt when bones are lengthening and are relatively porous.
- Higher susceptible to injuries to the growth plate of bones caused by high contact forces or repetitive loading.

Consequently training and competition must be conducted differently for young people than for adults. MTBA strongly recommends juniors be encouraged to participate in longer endurance events as part of a team. As well as helping to limit total riding time to recommended durations this also fosters the development of life skills such as communication, commitment, responsibility, working with others in team environments, and developing a sense of community, loyalty and cohesion.

These guidelines are recommended maximums only and should be used in conjunction with normal risk management practices.

MTBA Recommendations

Age Group	Participation Characteristics	Max Weekly	Max Session	XCO Race	CX Race	XC Endurance (max)	GE Race (max)	Comments
3 - 7	<ul style="list-style-type: none"> Activities place an emphasis on fun and social interaction. 	2 hrs	30mins	n/a	n/a	n/a	n/a	<ul style="list-style-type: none"> All sessions and activity managed by an accredited person. Sessions are conducted in full view of parents or responsible adult. Focus on reward for participation.
8 - 10	<ul style="list-style-type: none"> Activities place an emphasis on fun and basic skill development. 	3hrs	1hr	15mins	15mins	n/a	n/a	<ul style="list-style-type: none"> All sessions and activity managed by an accredited person. Sessions are conducted in full view of parents or responsible adult. Limited competition aspects.
U13 11 – 12	<ul style="list-style-type: none"> Training activities place an emphasis on skill development. Genders are not separated in racing events. 	5 hrs	1.5 hrs	25mins	20mins	1hr	2hrs	<ul style="list-style-type: none"> All sessions and activity managed by an accredited person. Limited competition aspects. Modified race courses. Up to State level competition.
U15 13 – 14	<ul style="list-style-type: none"> Activities place an emphasis on skill development. Genders are separated in racing events. 	8hrs	2.5hrs	45mins	25mins	2hrs	3hrs	<ul style="list-style-type: none"> All sessions and activity managed by an accredited person. Up to National Level competition.
U17 15 – 16	<ul style="list-style-type: none"> Activities place an emphasis on both skill development and physical conditioning. Genders are separated in racing events. 	12hrs	4hrs	1hr	35mins	3hrs	4hrs	<ul style="list-style-type: none"> All sessions and activity managed by accredited person. Up to National level competition.
U19 17 – 18	<ul style="list-style-type: none"> Activities place an emphasis on both skill development and physical conditioning with some discipline specificity. Genders are separated in racing events. 	14hrs	5hrs	1.25hrs	45mins	4hrs	5hrs	<ul style="list-style-type: none"> All sessions and activity managed by accredited adult. Up to International Competition.

XC Endurance includes XCM, multi lap endurance events up to and including 24hr races. Time is the total time spent riding during the event.

Gravity Enduro (GE) time is total time for the event including timed and liaison stages.

4. Mitigating Risk

There are a number of strategies available to event organisers, parents, teachers and coaches / instructors to reduce risk of harm in specific regards to junior participation. These include, but are not limited to:

- Junior specific tracks or modified / shortened tracks for junior categories.
- B or C alternate lines on technical sections of trail.
- Responsible adult chaperones riding with juniors (particularly applicable in point to point endurance events and GE).
- Requiring junior participants to check with marshals at designated points (particularly applicable in point to point endurance events and GE).
- Reducing the number of stages for juniors in GE events.
- Facilitating the formation of junior teams (particularly applicable to multi-lap and 24hr format endurance events).
- Reducing the event length / duration during extreme hot or cold weather.
- Tracks modified so that parents /coaches may ride with a child in a supporting role

We encourage clubs and event hosts to become familiar with the Play by the Rules Junior Sport policies.

5. Review

These guidelines will be reviewed annually or more frequently if deemed necessary and in line with industry best practice.

END