

### Riding Skills Practice & Kickstart Coaching Day

The aim of the Riding Skills Coaching Day is to encourage riders to ride their motorcycle in a safe and responsible manner. Being the first event of the year, it gives riders the chance to practice some important skills before tackling the challenge of future events. Qualified coaches will guide riders through the skills required to participate in Offroad Riding events safely. Open to club members aged 4 to under 23 years.

### Entry Fee

All entries are online only. There will be no entries accepted on the day.

1st Family Member	\$90
2nd Family Member	\$70
3rd Family Member	\$50
Sprocket Riders	\$50

**Entry's close Tuesday 9th March 10pm.**

### Venue Private Property – Lake Preston

4 Ludlow Road, Lake Preston.

From Roe Hwy, head 103km south on Kwinana Fwy (will turn to Forrest Hwy). From the right lane, turn right into Ludlow road.

Follow the ORCWA signs into the event. at the ORCWA signs, follow arrows and signs to parking area.

### Parking Area

Upon arriving follow signs to parking/pit area. Please park close together and in an orderly way, we have a lot of vehicles to accommodate. Riding of Motorcycles is only allowed in the designated laneways.

### What to Bring

Firstly at home, check your bike over to make sure it is clean and well maintained, as you must have your bike examined at the event.

Check you've got all your riding gear as well as water, other drinks & hydration pack.

Snacks & lunch

Chair, notebook & hat

Fuel & basic tools

### Compulsory Gear

Spare spark plug

Spare tube

Helmet with AUS standards/Snell

Motocross style boots

Goggles (no tear offs)

Body Armour

Motorcycle pants, Jersey & Gloves.

### Registration (7:30-8:30am)

Bring your current ORCWA membership card or printed receipt, and your MA license or one-event license (purchased from Ridernet). Kickstart riders will receive a complimentary One Event License as part of the Kickstart Coaching program.

You will be given a number for the front of your bike, to identify which group you will be with for the day.



### Machine Examination (7:30-8:30am)

After you have registered and received your bike number.

Stick the number on the front of your bike and bring your Bike and Helmet up

to Machine Examination. All other safety gear will be inspected at the start of the session. See website for details on what will be checked at machine examination. Note: Helmet cameras and mounts, along with Tear Off's are banned by order of Motorcycling Australia.

### Introduction (8.30am)

It is a requirement for all riders & parents to attend the introduction. Details and format for the day will be announced.

A general talk on bike set up, maintenance, and riding gear will be given.

### Skills Practice

Riders will be divided into small groups based roughly on bike capacity and age. A number of skills will be set out within the paddock area. These will include:

- ☐ Clutch & Throttle control
- ☐ Body position
- ☐ Starts
- ☐ Cornering
- ☐ Braking
- ☐ Obstacles - logs, rocks, hills, etc

Qualified Coaches will give basic instruction on each skill.

Riders will then get the opportunity to practice each skill before moving onto the next skill.

### Kickstart Riders (First Time Coaching)

Riders attending coaching for the first time will join in with the skills practice. During the lunch break, it is very important riders attend the information session. You will need to bring your Kickstart Manuals. Coaches will run through the theory and rules required to go racing.

At the end of the day, the coaches will 'sign off' your Kickstart Manual, so you





## RIDING SKILLS PRACTICE & KICKSTART COACHING DAY EVENT INFORMATION Saturday 1st April 2023



can then apply for your Log Book, which is a Motorcycling Australia requirement to participate in a competitive event.

### Competency Assessment

Prior to progressing to a larger capacity bike, all riders **MUST** complete a competency assessment on the machine they intend to race on, by a MA Accredited Coach.

Any riders requiring an endorsement, must present their log book for signing at the end of the day.

Riders completing the skills practice can be signed off on the following endorsements.

**Remember to bring your logbook.**

Offroad Endorsements are:

50cc  
65 2st / 125 4st  
85 2st / 150cc 4st  
125/200 2st / 250 4st

### Parent Involvement

We welcome parents to follow their children from skill to skill. Please take care especially with younger brothers and sisters. Strictly no other motorcycles / quad bikes to be ridden other than children participating in the coaching day. If you would like to assist on the day, please contact the Coaching Coordinator before the event.

### Presentations

Kickstart Riders will be presented with an achievement certificate.

All riders will go in the draw for Spot prizes. Spot Prizes are a random draw from rider entry list. Prizes are either donated from sponsors or purchased as part of your entry fee. You must be present to collect a prize.

Please support the sponsors that support your events.

### First Aid

Qualified First Aid officers will be in attendance. If a rider requires transportation to hospital an Ambulance will be called out and be at the riders/parents expense.

### Toilets

Will be provided. Please observe the LADIES only toilet and keep them clean & tidy.

### Rubbish

All properties are working farms with sheep & cattle grazing. It is extremely important that no rubbish is dropped on the ground.

**Please take your rubbish home and RESPECT the landowner.**

### Camping

Everyone is welcome to camp Friday night.

### Helping Out

Final setting up will be from 1pm Friday with clean up immediately after the event on Saturday.

If you can lend a hand, please contact the event co-ordinator.

### Fires

Due to fire restrictions at this time of the year, there will be **NO FIRES** at this event.

### Food

The club is in the process of sourcing a food truck for this event. Please support them for supporting our event. **Please note due to the location of this event having limited reception this will be cash only.** Please make sure riders are well hydrated for their day of riding.

### Alcohol & Smoking

All motorcycle events have a NO Alcohol & Smoking policy.

### Dogs

By order of Motorcycling Australia dogs are not permitted at Motorcycling Events.



### Gear for Sale

Bring along your second hand gear to sell on the day at the second hand table. Make sure all items are clearly labelled with your name, telephone & price.

### Refund Policy

All withdrawals must be emailed to [bartok4ever@hotmail.com](mailto:bartok4ever@hotmail.com). Withdrawals received **before midday on Friday 12<sup>th</sup> April** will receive a full refund. Withdrawals received after this date -No Refund will be given.

If you have any questions about the registration process, please contact Kris Thomas as above.

### Contact

If you have any questions or require further information (after you've looked at the website) please contact the Event Organiser Dave Smith on [d.smith@multiplant.com.au](mailto:d.smith@multiplant.com.au) or 0428 770 122.

### Entries Closing

**Tuesday 9<sup>th</sup> April** at 10pm or earlier if classes reach maximum capacity.

