

Peparing For Your First BMX Starter Session

Minimum age and requirements:

All riders must have the ability to ride a two wheeled bike unaided, and sufficient health and fitness to ride for the session you have booked. A health questionnaire must be completed before riding on the track, including a parental consent form for those aged under 16. There may be a mixture of adults and children on any session, and riders must be at least 5 years old to ride the BMX track, with the exception of Strider sessions which cater for riders aged between 18 months and 5 years old.

Bike specification:

If you wish to bring your own bike you may do so, however it must be a BMX or mountain bike. It must also have a working back brake and not have stunt pegs. If you need to hire a bike, the cost is £2, please inform reception when you make your booking.

Routine on arrival:

When you arrive at the NCC you will need to go to reception and give your name to sign in for the session - you will be issued with a wristband, which you will need to wear for admission to the track. You should then make your way through the barriers to the BMX bike hire room. The coach who is taking the session will greet you and issue each participant with safety gear including elbow and knee pads, gloves and a helmet. If you have hired a bike it will be given to you at this stage.

Session:

Coaches will open the session by introducing themselves and the venue. They will then cover all necessary safety checks and explain the content of the session. Sessions will start with a warm up on the flat sprint area, where participants will learn the basic skills required to ride the track, before moving onto the last two sprint straights to apply these skills. Eventually participants will learn a pumping technique. After this, the session will progress to the first 2 straights before linking the whole track together. The 5m start ramp may be in use on the session if riders reach a certain skill level, but this is not always the case.

Clothing:

Suitable sports clothing must be worn to take part in the sessions - no strappy tops or sandals to be worn. It is advisable to bring your own long fingered gloves.