

LYME RACING CLUB - FREEWHEELERS ACCREDITATION

All NTCA freewheeler league riders must be accredited. This form details the aspects of safety and track conduct that the coaches authorising the accreditation will be looking for. **ALL** criteria must be passed before the rider is allowed to obtain an accreditation card.

Riders Name: _____

Nº	Pass Criteria	✓	Comments / Improvements
1	Able to ride one complete lap UNAIDED		
2	Must be able to ride on the bankings (overtaking height above the sprinters lane)		
3	Demonstrate looking before every manouever on the track.		
4	Safely leave the track after crossing the finish line (looking around and slowly descending off the track)		
5	Looking before entering the track for a race		
6	Making sure that the riders are correctly observing the surroundings (riders must not be looking down)		
7	Demonstrate a knowledge of how far away from the track they need to be when not racing		
8	Riders follow instructions well at all times.		
9	Riders are friendly to each other.		
10	Riders must be confident with having riders in close proximity while riding		
11	Must be able to perform the "M check"		
12	Must be able to break safely		
13	Must have the appropriate clothing and equipment (helmet - must be done up correctly)		
14	Attended a minimum of 3 Lyme RC Friday night (grass) coaching sessions		
15	Safely compete in a 2 lap race (on the grass) - Oval track		
16	OPTIONAL		
17	OPTIONAL		
18	OPTIONAL		
19	OPTIONAL		
20	OPTIONAL		

XX/XX

Final outcome (please circle)

Pass / Fail

Coaches Name:

Coaches Signature:

Date of Accreditation: