



Practice Guidelines

As at 03-07-2018

PRACTICE

1. Approval must be obtained from MQ by way of completing and submitting application or practice permit in Ridernet.
2. Practice times must be specific e.g. 4pm - 6pm Tuesdays and Thursdays.
3. A qualified and current Practice Supervisor, appointed by the club must be in attendance. Practice Supervisors must hold a minimum of a Level One Clerk of the Course or Level Two Steward Officials accreditation, or Level One Coach's Licence.
4. The Practice Supervisor must hold a Senior First Aid Certificate or must arrange for someone with a Senior First Aid Certificate to be in attendance who is not riding in the practice. A Practice Supervisor cannot ride in the practice session.
5. No rider is allowed to practice unless they can produce a licence (either Competition or Recreational) or have signed a licence declaration with the appropriate fee, or purchased a "Single Use Recreational Licence".
6. The Practice Supervisor MUST check the MQ Suspended Riders list as riders sign on. No riders can ride if they are listed on the Suspended Riders list unless they can produce a medical clearance that states are they cleared to ride motorbikes.
7. All riders must attend the Riders Briefing which may be collective or individual. The Riders briefing is a critical element of MQ's risk management. It may be summarised and supported by a written document.
8. Protective clothing requirements for all practice events are generally the same as the relevant discipline's requirements for competition. Any variations must be agreed by MQ.
9. Age groups and classes for all practice events are the same as the relevant discipline's requirements for competition. Endorsements are not required for non-competition events (except Supercross practice). Riders must be the correct age for bike they are practicing on.
10. Tracks should be well maintained and dust should be controlled.
11. Eligibility and machinery standards for all practice events are the same as the relevant discipline's requirements for competition.
12. The Practice Supervisor should meet the criteria outlined in point 3 and understand the minimum requirements regarding machinery and protective clothing.
13. The First Aid Certificate must be shown at sign on and a First Aid Kit of appropriate quality must be provided.
14. An operational telephone (either landline or mobile) must be readily available.
15. Riders or Parents of U/18-year old MUST SIGN THE INDEMNITY FORM at each practice

16. A completed Practice Report Form along with the Practice Indemnity Forms and the relevant practice fee levy must be returned to MQ. MQ will invoice the club on a 30-day invoice.
17. There must be no combining of junior and senior riders at practice.
18. For junior Motocross and Dirt Track practice the only class combinations allowed are: 50cc and 65 together, **or** 65cc and 85cc together, **or** 85cc and Junior Lites together. Eligibility for junior classes must be enforced in the same way as they are for competition. Bikes which are not approved for competition should not be allowed for practice.
19. The maximum number of riders participating in practice at any time must be no more than 60% of the number of gates if there are no Marshals or a number equal to the number of starting gates or grid positions if Marshals are in attendance at every flag point. Some Natural Terrain Motocross Tracks may have higher practice numbers noted on their Track Licence.
20. The Practice Supervisor must complete the Practice Report Form and an Injury Report for any accident requiring ambulance transport or medical attention. Reports **MUST** be sent into MQ at the end of every month. But if major injuries occur the injury report must be sent to MQ within 5 days.
21. All tracks must have no more than one access and one exit point. Practice Supervisors must constantly monitor access and exit points to ensure only the nominated class of riders is on the track at any time.
22. Any event, regardless of type, where there are likely to be more than 200 participants must have an ambulance or equivalent on site and must have a minimum of Level Three (3) Clerk of Course or Steward managing the event with the assistance of a marshalling team.

Number of riders	Minimum Number of Practice Supervisors required
Less than 20	1 x Level 1 Clerk of Course (Practice Supervisor) or Level 1 or 2 licenced coach
20-50	1 x (minimum) Level 1 Practice Supervisor or level 1 or 2 licenced coach and 1 Marshal
50-100	1 x Level 2 Clerk of Course and 2 marshals or; 1 x Level 1 or 2 licenced coach and 2 marshals or; 2 practice supervisors and 2 marshals.
More than 100	1 x Level 2 Clerk of Course, or level 1 or 2 licenced coach and at least 1 Practice Supervisor and Marshals to keep line of sight between points. More than 100 riders require professional first aid service.
More than 200	1 x Level 3 Clerk of Course or Steward and Marshals to keep line of sight between points. More than 200 riders require ambulance or equivalent in attendance.

Handy Tip: Use coloured wrist bands to separate juniors from seniors, this can also be used to separate bike capacities or maximum group numbers as well.