



Executive Summary: **HELMET POLICY**

- a) It is the policy of Cycling Australia (CA), Bicycle Motocross Australia (BMXA) and Mountainbike Australia (MTBA) that **helmets must be worn by members at all times** when they are riding a bike.
- b) Whenever riding on **a road or in a public place** that is within the jurisdiction of a respective state road and traffic authority, an Australian Standards (AS) approved helmet must be worn. For the avoidance of doubt, this includes, but is not limited to, the following forms of riding:
- All Road racing
 - All MTB Cross Country racing
 - All recreational, commuting and training rides
 - All Cyclo-cross racing
 - Track Racing (recommended)

- c) For **off-road** competition such as **BMX Racing** and **MTB Downhill**, a full-face helmet is required. Such helmets must conform to International Cycling Union (UCI) Regulations.

Further, CA, BMXA & MTBA endorse the Australian Standards Association recommendation that visors on full-face helmets should be detachable (ie, recommended to be attached via a clip-on or *Velcro* mechanism).

In regard to **Freestyle BMX**, which is conducted 'off-road' on skate parks and purpose built facilities, BMXA recommend the use of AS approved helmets in competition and training.

- d) An **exemption** to the use of AS approved helmets may be obtained for road racing where a road race or road time trial is conducted where international riders may also be competing. In such circumstances, international standards approved helmets may be worn. Such an exemption must be obtained from the relevant state police authority. (NB: for example, exemptions currently apply to the *Santos Tour Down Under*, *Jayco Herald Sun Tour* and *Mars Cycling Australia Road National Championships*).
- e) **Aerodynamic** helmets used for **time trials in Track** competition are permitted but must meet international standards approval. This exemption may also apply to aerodynamic helmets used for Road time trial competition where international riders may be competing and an exemption has been granted as in (d) above.

In general track racing, which is conducted 'off-road' on indoor or outdoor velodromes, international standard approved helmets will be accepted.