



Claims for the awards are to be sent to:
Chris Motram, Awards Secretary, Parkside, Station Road, Darley Dale, Matlock, Derbyshire DE4 2EQ

Tutocard
Bronze Trix Award
Silver Trix Award
Gold Trix Award
Elite Trix Award
All Awards Post free
Total of Awards £

(cheques payable to BSCA please)

www.bsca.org.uk

This award scheme has been developed by a working party involving adults and children and has the support of the following governing bodies:

British Schools Cycling Association
Road Time Trials Council
Association of British Cycling Coaches
Cyclists Touring Club

Once you have had your form endorsed by your teacher/club official you should return this card with your fees for the award to:
The Trix Awards Secretary



BLOCK CAPITALS PLEASE

NAME
(Rider)

Address

Post Code

Telephone

SCHOOL/CLUB

TEACHER/CLUB OFFICIAL
(Name)

Signed

TRIX AWARDS TUTOCARD

PRICE



It should be appreciated that in practising these skills there is a risk of personal injury or of damaging equipment and therefore the skills should only be performed and attempted under proper supervision.

These skills are only to be performed in a safe, traffic free area and under no circumstances should you attempt them on a public road.



Bronze Trix

| Skill | Description | Checked Signed/Date |
|----------------------|--|------------------------|
| Ride and Stop | Ride a short distance and stop safely with brakes and no skidding | |
| Ride a straight line | Ride a straight line of 15 metres without deviating more than 75mm from the line | |
| Park Bike | Park bike against a wall or similar, in a safe position with regard to traffic and pedestrians | |
| Right/Left circles | Riding to a line in circles both clockwise and anti clockwise | |
| One hand | Riding with one hand for a distance of 10m whilst maintaining control (left and right) | |
| Gear changing | Gear change on command, up or down one gear at a time when instructed | |
| Push & run | Push bike and run towards for a minimum of 15 metres under control | |
| Push backwards | Push bike backwards for 15 metres without losing control | |
| Ride slowly | Ride slowly max 15 metres in 1 minute | |

Score 7 passes from the above section for the **BRONZE TRIX AWARD**



Silver Trix

| Skill | Description | Checked Signed/Date |
|-------------------|---|------------------------|
| Scotching | Scot the bike with one foot on a pedal for 10 metres | |
| Up & down bank | Controlled ride up and down bank, or simple ramp/seesaw | |
| Leaning in pairs | Riding in pairs whilst leaning shoulder to shoulder and maintaining control | |
| Dismount | Cyclo Cross style mount whilst on the move | |
| Mount | Cyclo Cross style mount whilst on the move | |
| Cone slalom | Ride a slalom course with a minimum of 7 markers at 2 pace intervals | |
| Bottle off bucket | Lift drink bottle off bucket and replace at least 3 times in succession, without feet touching the ground | |
| Bottle off ground | Pick up drink bottle from ground 3 times in succession without feet touching the ground | |
| Bottle hand up | Relevé a drink bottle whilst riding, without stopping or putting a foot to the ground | |

Score 16 passes from the above section for the **SILVER TRIX AWARD**



Gold Trix

| Skill | Description | Checked Signed/Date |
|------------------|---|------------------------|
| Limbo | Display an ability to ride under a limbo at least 50 mm below the tallest part of the cycle | |
| No hands | Ride a minimum of 15m along a straight line with no hands on the bars | |
| Lift front wheel | Display lifting the front wheel over an obstacle a minimum of 150mm high | |
| Lift rear wheel | Display lifting rear wheel over an obstacle a minimum of 100mm high | |
| Wheel change | Display safe removal and replacement of both wheels, including readjustment of brakes | |
| Track Stand | Hold a track stand for a minimum of 20 seconds without touching the ground | |
| Bunny hop | Jump the whole cycle over an obstacle at least 150mm high. (No ramps or similar) | |
| Wheele | Hold for a minimum of 15 seconds | |
| Endo | Hold and balance the cycle on its front wheel only for a minimum of 10 seconds | |

Score 23 passes from the above section for the **GOLD TRIX AWARD**



ELITE TRIX you need a total of 18 passes from the 2 Right hand columns

