

Hot Weather Guidelines

Version	1.0
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Short description	MA has adopted the following guidelines regarding participation in motorcycle activities and events in hot weather conditions, which relates to participants and officials.
Relevant to	All members, officials, event organisers, and coaches
Author(s)	RCM
Responsible Area	Risk and Compliance
Date introduced	1 January 2014
Date(s) modified	31 January 2017
Review Schedule	As required
Related documents	WHS Policy, Risk Management Policy, Risk Management Plan

1. Overview

Motorcycling Australia (MA) and the State Controlling Body (SCB) members participate in various activities including coaching, practice activities, ride days, and competition events. These activities can be subject to a wide range of environmental factors which need to be carefully considered by those participating.

MA and the SCBs have a duty of care to its members to ensure they participate in any MA related activity or event in an environment which takes into account their welfare, comfort, enjoyment and participation.

Where extreme heat is identified, all officials, coaches and members have a duty of care to act responsibly when deciding to continue, cancel, modify or individually withdraw from MA permitted events and activities.

This guideline has been written to assist MA, its affiliated clubs and all relevant staff and members including officials, coaches, riders and support people when considering their duty of care to act responsibly in relation to extreme weather conditions.

MA reminds all officials, coaches and members that they must act responsibly when making decisions and encourages a considered common sense approach.

2. Background

High intensity exercise in a hot environment, , can lead to dehydration, heat exhaustion and/or heat stroke (collectively termed thermal risks). These conditions will be discussed in Attachment 1.

In extreme thermal risk conditions (high temperatures or humidity) it may be appropriate to cancel activities and events however there are many relevant factors to consider.

Sports Medicine Australia have developed guidelines to assist MA and its SCBs in determining how these harms and potentially life threatening conditions can be minimized and whether or not to continue, cancel or modify your planned activity or event.

The guidelines produced by Sports Medicine Australia detail the relevant factors to consider including, not only Temperature, but also:

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- Clothing
- Duration and Intensity of activities
- Acclimatisation of the person
- Fitness levels / Athletic ability of the person
- Age and gender of the person
- Opportunity to hydrate
- Time of the activity
- Surface type
- Venue and access to air-conditioning or shade
- Predisposed medical conditions
- And Other factors to consider (such as freely available water).

One singular factor such as temperature is difficult to use in all situations, however as a guide activities subject to ambient temperatures (hot, dry environment) 38 and above or Wet Bulb Globe Temperatures (humid environment) 30 and above should cause serious consideration of cancellation or modification acknowledging that all other factors should still be considered before making an informed decision.

When considering these factors it is relevant to recognize that most of our activities are conducted at a variety of locations where temperatures and conditions may differ significantly. The inability to easily reduce core temperature (such as access to water, lakes, ocean etc) is a consideration along with the requirement to wear protective clothing.

Some considerations available are altering the time and/or duration of the activity, erecting additional shade, utilising air-conditioned and well ventilated clubrooms (or a site office), providing freely accessible water to all personnel, allocating appropriate breaks in activities or official duties and ensuring personnel are appropriately clothed and protected from the sun are all relevant considerations to minimise the risk.

It is also relevant to acknowledge that all people are different and individually they will be exposed to a different level of thermal risk dependent on their own set of physical, physiological, psychological and genetic characteristics. Added to this are other variables including their own personal level of hydration and nutritional intake (pre, during and post activity), predisposed medical condition(s) and the affects of the use of medications, drugs and/or alcohol.

In relation to these individual factors it is appropriate to educate personnel to their own responsibility as to whether or not they come 'fit' to participate and whether they should consider modification of their own activity levels or their suitability to participate at all.

It is also appropriate to encourage team managers, coaches, officials and parents to assist with this education, particularly of minors and also be alert for the early warning signs of heat exposure when thermal risk is high and educate our officials and promoters on this also.

All MA officials and promoters are encouraged to assist communicate this issue to others and for those invested with the responsibility of decision making in relation to MA activities and events consider these factors and how it may be applicable to the various situations that may be encountered.

3. HOT WEATHER GUIDELINES **(source: adapted from Sports Medicine Australia)**

FACTORS TO CONSIDER BEFORE CANCELLING A SPORTING EVENT

The following are factors to be considered in cancelling or modifying of sporting events and activities.

Remember to not only take participants into account, but to also remembers officials and volunteers.

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MA has compiled a checklist and risk management sheet to guide the decision making process.

3.1 Temperature

The Ambient Temperature – Suitable for hot, dry days

Ambient Temperature	Risk of Thermal Injury
25 – 31	Moderate
32 – 37	High
38 and above	Extreme

OR

Wet Bulb Globe Temperature (WBGT) – Suitable for hot, humid days

WBGT	Risk of Thermal Injury
23 - 27	Moderate
28 - 29	High
30 and above	Extreme

The **Wet Bulb Globe Temperature composite** gauges humidity and wind, rather than the temperature alone when assessing extreme heat conditions.

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for relative risk for your location at:

http://www.bom.gov.au/info/thermal_stress/index.shtml#using

or alternatively you can locate State specific information at:

ACT	http://www.bom.gov.au/products/IDN65179.shtml
NSW	http://www.bom.gov.au/products/IDN65179.shtml
NT	http://www.bom.gov.au/products/IDD65155.shtml
QLD	http://www.bom.gov.au/products/IDQ65214.shtml
SA	http://www.bom.gov.au/products/IDS65004.shtml
TAS	http://www.bom.gov.au/products/IDT65050.shtml
VIC	http://www.bom.gov.au/products/IDV65079.shtml
WA	http://www.bom.gov.au/products/IDW65100.shtml

NB It is important to watch for unusual “heatwave” conditions or variations from the average temperature for the time of year. This is one situation where there may be a greater danger of heat illness.

Guidelines for training and practice activities:

- At extreme thermal risk, cancel training / practice activities
- At high thermal risk, modify training / practice activities

3.2 Clothing

- Type of clothing is vital in minimizing health risks associated with exercise in heat.
- Fabrics that minimize heat storage and enhance sweat evaporation should be selected.
- Light coloured, loose fitting clothes, made of natural fibers or composite fabrics with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should further complement the existing practices in Australia that protects the skin against permanent damage from the sun.
- This should be applied to the clothing worn by participants, officials and volunteers
- Protective clothing including leathers should be removed as soon as possible if the participant or official is feeling unwell in hot conditions. Start cooling the body immediately via ventilation or other possible means such as cool spray / fans etc.

3.3 Duration and intensity of an event

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- The combination of extreme conditions and sustained vigorous exercise is particularly hazardous for participants. The greater the intensity of the exercise the greater the risk of heat related symptoms, eg Enduro would be more of a problem than trials events.
- Rotation of officials
- Reduce event / activity time and extend rest periods with opportunities to re-hydrate during the event would help safeguard the health of participants /officials
- Provision of extra water for wetting face, clothes and hair if possible
- A fan to enhance air movement would be beneficial

3.4 Acclimatisation of the Participant

- Acclimatisation of the participant includes the officials and volunteers as well as the riders.
- Preparation for exercise under hot conditions should include a period of acclimatization to those conditions, especially if the rider is travelling from a cool / temperate climate to compete under hot / humid conditions.
- It has been reported that children will acclimatise slower than adults.
- Regular exercise in hot conditions will facilitate adaptation to help prevent the rider's performance deteriorating, or suffering from heat illness, during later competitions. A period of 7 - 10 days of 60 minute acclimations activity each day proves substantial preparation for safe exercise in heat.

3.5 Fitness levels / Athletic ability of participant

- A number of physical/psychological characteristics of the participant will influence the capacity to tolerate exercise in the heat, including body size and endurance fitness
- In endurance events an accomplished yet non-elite participant, striving to exceed their performance may suffer from heat stress. The potential for heat related illness would be exacerbated if they have not acclimatised to the conditions and have failed to hydrate correctly.
- An overweight and unconditioned participant, official or volunteer will also be susceptible to heat stress
- Please refer to Sports Medicine Australia's **Drink Up** Brochure

3.6 Age and gender of participant

- Female participants may suffer more during exercise in the heat, due to their greater percentage of body fat.
- Young children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.
- In practical terms, child participants must be protected from over-exertion in hot climates, especially when required to exercise for 30 minutes or longer.
- Although children can acclimatize to exercise in the heat, they take longer to do so than adults. Coaches should be aware of this and limit training for non-acclimatized children during exposure to hot environments.
- Veteran participants may also cope less well with exercise in the heat. Reduce cardiac function is thought to be responsible for this effect.

3.7 Rules of the event (Hydration Opportunities)

- Will participants and officials be able to consume enough water during the event?
- To avoid excessive dehydration during exercise in the heat, fluid (preferably water) should be consumed before, during and after exercise
- Even a small degree of dehydration will cause a decrease in performance
- Officials can consider dividing events into smaller periods to allow for extra breaks
- Coaches can consider alternative training times and venues during hot weather.

3.8 Time of Day

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- Avoid the hottest part of the day (usually 11:00am – 3.00pm). Scheduling events outside of this time should be a consideration throughout any summer competitions, training or event regardless of the temperature

3.9 Surface type

- A shaded / protected grass surface does not attract and retain as much heat as other surfaces (eg solid black asphalt).
- The surface type and the amount of direct sunlight vary significantly with different disciplines and therefore must be analysed for each individual discipline.

3.10 Venue of an Event

- According to Sports Medicine Australia, an outside venue without shade cannot constitute as an acceptable environment.
- Airflow should be considered where possible.

3.11 Predisposed Medical Conditions

- It is important to know if any of your participants, officials or volunteers have a medical condition or are taking medication that may predispose them to heat illness.
- Examples of illnesses that will put the participant or official at a high risk of heat illness include: asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances.
- Participants and officials who present with an illness such as a Virus, Flu, Gastro or feeling unwell are at an extreme risk of heat illness if exercising in moderate to hot weather.
- Participants or officials who may be affected by drugs or alcohol may be at an extreme risk of heat illness if exercising in moderate to hot weather.

3.12 Other factors to consider

- Preventative measures can be undertaken to minimize heat injuries. Examples include the provision of shade, hats, appropriate sunscreen, spray bottles and drinking water.
- It is important to have trained personnel available to manage heat injuries.
- In situations where heat problems may be expected, an experienced medical practitioner should be present
- Heat stroke is potentially life threatening. Any indication of this condition should be immediately referred for Medical Assessment.

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Attachment 1

4.1 Heat Stress

Heat stress and injury can lead to impaired performance, physical distress e.g. dizziness, headaches, collapse and illness. In its extreme form it can be life threatening.

Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool. Many of the symptoms occur as a result of excessive loss of body salts and water.

The human body generates about 100 watts from internal metabolic processes, but this can escalate to 1,000 watts during heavy exercise. A watt is the unit of energy expenditure per second. Keeping a constant temperature of around 37°C is vital. To lose heat and maintain core temperature, blood vessels in the skin expand and bring body heat to the skin surface. Perspiration floods out of sweat glands and evaporates from the skin to cool the body.

At rest and in comfortable temperatures, a person sweats about two litres of fluid every 24 hours. During hot weather (35°C), this fluid loss can leap to around 10 litres over the same time period. Exercising in hot weather accelerates fluid loss even more.

To prevent heat stress, careful planning and preparation is required. Awareness of potential circumstances that can expose participants and an appreciation of the broad variation of individual responses is important.

Heat stress management strategies should be applied at all permitted activities, with communication between the organised medical professionals, officials and coaches. In particular the Steward/Responsible Person should use practice sessions to identify high risk riders and refine their management of riding in hot conditions.

4.2 Types of Heat Illness

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes participants more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Heat Illness:

- Heat illness in sport presents as heat exhaustion or heat stroke.
- Heat exhaustion is the more common sports-related heat illness.
- Heat stroke is rare, but it is a life threatening condition.

Heat exhaustion. Participants who collapse after exercise, are likely suffering post-exercise drop in blood pressure (postural hypotension), but some may have heat stroke.

Heat stroke. Those who show signs of altered mental function, loss of consciousness or collapse during exercise are likely suffering heat stroke. Sports participants showing signs of confusion, loss of skill, loss of coordination or irrational behavior should be stopped and removed from the track immediately.

4.3 Identifying Heat Illness

Heat stress can be shown by symptoms of:

- light headedness, dizziness
- nausea,
- obvious fatigue
- cessation of sweating
- obvious loss of skill and coordination/clumsiness or
- unsteadiness
- confusion
- aggressive or irrational behaviour
- altered consciousness
- collapse

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- ashen grey pale skin

4.4 Factors that increase the risk of heat illness

- High exercise intensity
- Lack of fitness
- Previous history of heat intolerance
- Age
- High air temperature and high humidity
- Low air movement (no wind)
- Prolonged exposure to hot conditions
- Heavy clothing / protective equipment
- Dehydration
- Illness and medical conditions (current or recent infectious illness, chronic heal disorders)

4.5 What to do if you suspect heat exhaustion or heat stress

- Remove the participant from the track
- Lie the person down in a cool place
- Give plenty of cool water
- If the person is confused or unable to drink water seek medical help immediately

4.6 Strategies for reducing the risk of heat illness

4.6.1 Managing heat stress/exhaustion

Suggestions to treat heat stress include:

- Take rest breaks, in the shade if possible.
- Wear well ventilated hats and water soluble sun screen for sun protection when not mounted or riding. Caps do NOT provide adequate sun protection.
- Remove excess clothing / riding gear.
- Drink plenty of liquids, either cool water or diluted sports drink.
- Sponge the body with tepid water and fan to promote evaporation.
- Don't douse the body with cold water or ice, as this will encourage the blood vessels in the skin to constrict and retain body heat.
- Seek medical assistance.
- If the person is confused, unconscious or has trouble breathing, call an ambulance immediately.
- Do not ride in extreme heat with an infective illness
- Apply 30+ sunscreen in sunny conditions
- Schedule activity to avoid the hottest part of the day.
- Reduce the duration and intensity of the warm up to minimise an increase in body heat and temperature.

In the event of extreme hot weather it is essential that officials, coaches, parents, participants and volunteers ensure that they drink fresh, cool water before, during and after each session. Wetting of the face is also helpful.

4.6.2 Participant rest

Participants should ensure they take rest breaks between their sessions in the shade or in a cool area with air flow. They should remove all protective gear to reduce body heat and drink plenty of fluid.

4.6.3 Official rest and rotation

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In conditions of high risk officials and volunteers should be provided opportunities to rest through the use of official rotation. The period of rest should be determined by the ambient temperature and WBGT at the time of the event or activity.

For ambient temperatures greater than 26 and less than 30 degrees Celsius and for WBGT temperatures greater than 21 degrees Celsius and less than 25 degrees Celsius, all officials should be rested for at least 10% of the period they would normally perform their role.

For example, if the session normally runs for 30 minutes, the rest period for the official should comprise at least 3 minutes during the period.

For situations where the ambient temperature is greater than 31 degrees and less than 35 degrees Celsius and the WBGT is greater than 26 degrees Celsius and less than 29 degrees Celsius, all officials should be rested for at least 25% of the period in which they would normally participate.

This may be achieved by rotation, or increased breaks for Officials.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Allowing officials to rest in naturally shaded areas or providing portable structures that create shade where and when required;
- providing fans and ice packs; and cold water
- provide hand held spray bottles to spray face.

4.7 Children and heat

The physiological and structural difference between children and adults places children at a greater risk of suffering from heat illness. These differences impact on a child's ability to respond to environmental heat and acclimatise to heat. These differences include:

- a larger surface area/body mass ratio which affects their ability to dissipate heat when environmental temperature is greater than skin temperature. This can be an advantage when heat loss is necessary, but is a disadvantage when radiant or convective heat gain occurs;
- Immature sweating mechanisms which require a greater increase in body temperature before the onset of sweating; and
- fewer and smaller sweat glands which limit the production of sweat.

4.8 Heat Stress

Children sweat less and get less evaporative cooling than adults.

In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged riding in warm weather.

Children seem to be effective at "listening to their bodies" and regulating their physical activity. For this reason, children should always be allowed to participate at their preferred intensity. They should never be urged to participate or compelled to compete in warm weather. If children appear distressed or complain of feeling unwell, they should stop participating.

4.9 Strategies for reducing the risk of heat illness (children)

- Organisers of an Event must provide sufficient shade and regular drinking opportunities.
- It is recommended that water or fluids be provided whenever children are being active.
- It is recommended that junior participants begin regular drinking routines using water or fluids during training and competition.
- Regular and effective drinking practices should become habitual to junior participants before, during and after sessions.



- In warm weather wet sponging will make children feel more comfortable and plenty of hydration.

At ambient temperature greater than or equal to 30 degrees Celsius, junior participants have greater difficulty getting rid of heat than adults.

5. Promoter / event organiser responsibilities

All persons involved in the organisation of motorcycle activities need to be aware of the effect that extremes of weather can have on people riding or attending an event and put in place adequate contingencies for the minimising of risk to persons, particularly when high temperatures are expected. Where high temperatures are expected organisers of events must know the extremes of temperature which can occur at the particular venue

Where high temperatures are expected organisers should ensure:

- The Riders Briefing MUST include a warning of the dangers of competing in hot weather
- Participants and Officials are aware of the symptoms of heat stress and are instructed to be on the alert to notice any such symptoms;
- Participants and Officials are made aware of the need to hydrate regularly before and after each session and that facilities are available for them to do so;
- Full knowledge of availability of first aid equipment and first aid and medical personnel is accessible by all persons attending;
- Where possible, facilities are available for participants and other persons to externally cool themselves with water, fans or other facilities where available;
- Provide advice to coaches, participants and officials on the effects of heat, symptoms of heat stress, the need for proper hydration and the facilities that are available to prevent or treat heat stress
- The first aid provider should be delegated the primary responsibility to monitor and manage officials and participants for heat stress issues as they arise during motorcycle activity
- Report heat stress illness in all officials and participants
- If medical personnel believe that heat illness is affecting a participant, that participant will no longer be permitted to officiate or ride until medical clearance is given
- Coordinate training sessions outside extreme conditions
- Provide adequate fluids (including cold water) to officials where possible
- Provide facilities for participants and official cooling – shade, air conditioning, sprays and fans (if possible)
- Ensure personal protective equipment is worn by officials
- Provide adequate shade and seating for officials
- Ensure cold water and refreshments are provided regularly
- Ensure adequate breaks are provided to officials
- Ensure official rotation where possible.

6. Sports Medicine Australia's Golden Rules for Training and Competition

- ✓ Achieve a high level of physical fitness before exercising strenuously in competition, or in warm weather.
- ✓ Exercise at moderate intensity in hot or humid conditions.
- ✓ Do not undertake hard exercise, or exercise in hot or humid weather if you feel unwell or are recovering from recent illness.
- ✓ Drink water before and during exercise.
- ✓ Stop exercise if you feel unwell when exercising hard, or if exercising in hot or humid weather.
- ✓ Stop other participants if they appear unwell, confused or show loss of skill and coordination.

7. External References

Sports Medicine Australia: *Policy Heat Guidelines* <http://sma.org.au/resources/policies/hot-weather/>

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8. Risk Register

Hazard	Assessment of hazard	Treatment / Procedures
Hot Weather	Possible heatstroke, heat illness. Possible sunburn of officials and participants (de-mounted from motorcycle) Possible dehydration of participants and officials. Increased cases of heat illness	<ul style="list-style-type: none"> • Shade & Sunscreen available • Follow hot weather guidelines • Hydration / food available • PPE • Rotation of officials • Shortening sessions • Rider & Official briefing information

9. Authorisation and Approval

These guidelines have been adopted on 1 January 2014.

10. Further Information

Contact Claire Lawrence, Risk and Compliance Manager

11. Policy Review

These guidelines will be reviewed every two years and revised as needed.

12. Revision History

Version	Revision Date	Author(s)	Revision Notes

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