



# BMX- Risk Analysis and Management

Risk Analysis		Management				
Hazard/Harm	Risk severity (Initial)	Control (Eliminate/ Minimise)	Action	Risk severity (residual)	SOP	Accepted
People: Poor supervision	12	E	CYC Instructed	9	CYC Instructed Activity 1 CYC Instructor and 1 helper over 16 years old, per 12 participants	Yes
People: Misuse of equipment	10	E	Do not leave gear unattended CYC Instructed Bike only to be ridden on track	5	<b>CYC Instructed Activity</b> BMX bikes only to be ridden on BMX track which is located at southern end of camp	Yes
People: Impairment of Supervisor	6	E	CYC Staff to look out for signs of impairment	3	-	Yes
People: Incorrect use/ using above ability	6	E	Instructor to check helmets and check correct use of bikes on flat track Inform riders of correct use Inform riders to not exceed ability	3	Spectators to stay off track Allow a reasonable/safe (5 second) distance between riders BMX track is one way only Do not pass on track The track is not to be used for races with multiple riders Helmets and closed toe shoes must be worn and done up – crocs do not count Appropriate clothing that will not tangle in bike, we recommend long pants and long tops Riders to completely ride and perform braking on flat and show proficiency to the CYC Instructor before being allowed to enter track Riders to be warned not to attempt tricks/jumps that may exceed their ability and start on the lower half of track	Yes



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Environment: Uneven track	6	M	On monthly check list Check track before use and fill in ruts under astroturf regularly	2	-	Yes
Condition: Extreme weather	4	M	Make use of shelter Wear hats/sunscreen CYC Staff to be aware of changing conditions	2	-	Yes
Equipment: Damage to equipment	4	M	CYC Staff to check prior to putting out gear, after a crash and during monthly checks	1	Instructor to visually check all bikes for signs of damage; if damage has occurred, the bike must be pulled from use until checked by an instructor.	Yes
<p><b>Emergency procedures</b></p> <p>Stop activity, assess situation, administer first aid, call emergency services if necessary, notify camp organisers and camp staff, including filling in an Incident Report Form</p>						
<b>Equipment</b>		6 bikes (pick from 6 normal and 2 small) 10 helmets, disinfectant, pump, tool, chain lube Activity SOPs				
<b>Competencies for Activity Sign Off</b>		(1:1:12) (this means 1 CYC Instructor and 1 Supervisor, to 12 participants)				
<b>Final decision on implementing activity</b>		<b>ACCEPTED by CYC Director</b>				
<p><b>Comments</b></p> <p>Circumstances can change quickly, instructors and supervisors need to be diligent in their task, and respond as needed.</p>						