



## SAFE OPERATING PROCEDURE

### CYC INSTRUCTED ACTIVITY

# BMX

- 1 CYC Instructor and 1 supervisor over 16 years old, per 12 participants
- BMX bikes only to be ridden on BMX track which is located at the southern end of camp.
- Helmets and closed toe shoes must be worn and done up – crocs do not count
- Appropriate clothing worn that will not tangle in bike. We recommend long pants and long tops
- BMX track is one way only
- Riders to competently 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 lower half of track
- The track is not to be used for races with multiple riders
- Allow a reasonable/safe (5 seconds) distance between riders
- 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
- Spectators to stay off track

**All damage and injuries must be reported to CYC Staff as soon as practicable**

**Failure to follow these instructions could result in injury.**

**CYC reserve the right to close this activity if these instructions are not followed.**

**To contact CYC Staff go to the office**

Reviewed July 2024