



SAFE OPERATING PROCEDURE

CYC INSTRUCTED ACTIVITY

BMX

- 1 CYC Instructor and 1 helper per 15 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
- 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 before entering track
- Riders to be warned not to attempt tricks/jumps that may exceed their ability and start on lower half of ramp
- 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 Camp Leaders and CYC Staff as soon as practical

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