



## SAFE OPERATING PROCEDURE

### CYC INSTRUCTED ACTIVITY

# BMX

- 1 CYC Instructor and 1 Supervisor over 16 years per 12 participants.
- BMX bikes only to be ridden on BMX track, which is located at the southern end of camp, unless CYC Instructor permits otherwise.
- Helmets and closed toe shoes must be worn and done up.
- Crocs and other loose slip-on footwear are not permitted.
- Avoid wearing loose clothing that can get tangled in the bike.
- BMX track is one way only.
- Riders must demonstrate proficiency to the CYC Instructor in handling, braking and steering on flat ground prior to leaving the beginner area.
- Riders to be warned not to attempt tricks/jumps that may exceed their ability.
- Riders must avoid racing and must keep their speed within their personal skill limits.
- Instructor to periodically 'send-off' bikers to avoid collisions.
- Pre-start, the CYC Instructor must inspect all bikes for damage.
- In the event of an accident all bikes involved need to be inspected for damage by the instructor before they can be returned to service.
- Spectators to stay off track.
- Wear sunblock on fine days.

**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.**