

KCC Standard Operating Procedure:



BMX

Safety Statement:

Karakariki Christian Camp takes all practical steps to keep all participants safe and require activity supervisors to consistently be wary of and manage potential hazards and risks that may arise during this activity. If the supervisor feels it necessary to stop the activity for any given reason they must do so promptly, thoroughly and contact camp staff A.S.A.P.

Activity overview:

At KCC our BMX track is located at the back of our sports field. Participants can challenge themselves at this activity by attempting the different sized jumping mounds, completing a time trial of the track or playing pursuit with a friend. Starting position is usually on top of the 'Big Mound', All riders must ride in the same direction around the track and must be wearing a helmet and shoes when on the bikes. Only one adult is needed to supervise riders during the activity. No special qualification is required to run this activity apart from a brief training session provided by KCC staff.

We have at least 6 BMX Bikes with helmets.

Prerequisites of Activity Instructor:

Before a leader is to run this activity they must have the following prerequisites:

- Be over 18 years of age (or competent/ experienced 16+ years)
- Show evidence of leading and supervising skills

Induction:

Once adequate leaders have been accepted, as set out with the prerequisites, KCC staff must induct them into the site and the SOP. This induction must include the following:

- Shown where the equipment is kept
- Staff to go over brief with instructions and photos for the leaders' reference.
- Leaders are made aware of how to get help if a problem occurs.

Running procedure:

Setup:

- Retrieve Bikes and helmets from back storage shed and park them along the front of the recreational shed
- Check track area for unsafe objects left lying around (natural or otherwise)
- Check for obvious safety issues (e.g. Damage or Slippery due to rain/dew etc.)

Before Activity:

- Ensure there are enough helmets for bikes and that they are correctly assembled
- Brief Riders
- Check all riders have appropriate clothing and footwear.



Instruction Given:

SAFETY RULES

1. Bikes only to be used on BMX track or unused field area close to BMX Track
2. Everyone riding a bike must wear a correctly fitted helmet
3. Covered shoes must be worn, and no loose clothing
4. No doubling on one bike
5. Everyone must ride in the same direction beginning from the "Start" mound
6. Be a considerate rider. Don't overtake in a way that will interfere with any other rider
7. 13 years and under only on bikes

During The Session

1. Reiterate safety rules as needed
2. Swap riders regularly to ensure everyone gets a turn

Pack up:

- Return all equipment at day's end (or break) to the BMX bike stand and helmet shelf in the storage shed
- Report any breakages or equipment failures to staff

Emergency Procedures:

- Minor injury**
 - Administer first aid
 - Assess whether activity can continue
- Suspected major injury:**
 - Administer first aid
 - Stop the activity
 - Contact group organiser and camp staff for extra assistance or to call an ambulance

Helpful Information and Tips:

- Set up time trials to challenge the participants
- Play pursuit with two riders
- Set up an slalom course using cones on the field to challenge riders

BMX Safety

Rules

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