

## BMX Academy General risk assessment for BMX workshop participation

### General Risk Assessment

An instructor will oversee the participants and advise them on safe use of the bikes and equipment on a hard court, school playground or other smooth tarmac surface. BMX bikes and helmets are provided and are well maintained and regularly checked to ensure safe functioning.

Risks common to General BMX workshop participation are low as the majority of work is ground based with basic movements and small jumps less than 20cm high. The risks inherent are as follows:

- **Weather** A damp floor or short/light rain shower does not prevent BMX activities taking place. The instructor will monitor the hazard level relative to the quantity of rain and water on the surface being ridden and make decisions accordingly. If conditions worsen they will pause the activity to wait for a break in the weather and carry on when safe to do so. In the event of a heavy rain forecast and without a 'back up' indoor space available the visit can be rescheduled via [mike@bmxacademy.com](mailto:mike@bmxacademy.com) any time up to 6pm the day before. Visits interrupted by rain can sometimes be completed on another date.
- **Surface** conditions can pose a risk to grip levels. Ideally a smooth, flat, hard surfaced area is required. Loose gravel, stones or any other object can cause hazards to grip levels when cycling and possibly cause a crash and injury. The instructor will endeavour to check and clear the area before any workshop to reduce this risk. A sloping playground is not usually a problem, however it can add an extra risk with participants gaining speed when travelling down hill. Instructors will seek to set the track up in the safest direction avoiding stationary objects wherever possible.
- **Mechanical failure** typically: tyres, brakes, wheels or other failure of the bike is unlikely. The position of the participant when this happens is critical. As level 1 is ground based participants would generally come to a stationary stop. All participants are advised to use brakes or feet on the floor to slow the bike and find a clear space to stop in the event of any mechanical failure. Participants are advised to test the brakes on their bike before moving from a stationary position.
- **Misjudgments** in balance and spatial awareness by the participants while cycling can cause a crash. Catching clothing on a part of the bike such as the handlebars also poses a risk. There is a risk inherent to any crash that the participant may be thrown from the bike. In this instance the most common parts of the body to absorb the initial impact are knees, feet, head and elbows. Instructors recommend throughout the workshop to keep pedals level during judos and tricks to ensure balance and greater control of the bike.
- **Collisions** and potential crashes can arise from participants crossing the path with another rider or spectator. In this instance of a collision the risks are the same as those in any regular crash, outlined above, except for an increased risk of landing on top of another bike or participant. Injury is more likely in such a crash due to a participant landing on parts which stick out of the other bike or of a head collision with the other participant. To reduce the risk of collision, participants ride around a 'one way' track, spaced apart. Spectators will be kept at a safe distance.
- **Neglect by the participant** of any guidance given by instructor can create a risk of injury. For example not following instructions to keep pedals still while going over ramps or following the exact steps explained for various tricks. The guidance is given verbally and demonstrated physically to allow participants the chance to see and understand. However, if through their own actions participants choose to disregard the instructions given or do not pay attention, the likelihood of a crash occurring is higher.

BMX Academy Limited will endeavour to minimise all risks within control and guide participants safely through a gradual 'step by step' technique to learning tricks. However, it must be noted that BMXing by its nature is a risky activity with the possibility of accidents and physical injury. No matter how careful the participants and organisers are, no matter what equipment is worn, ramp or slope being ridden, the risks cannot be entirely eliminated. By taking part the participant accepts these risks entirely.