



# BMX Risk Management Plan

CCC Central Coast

School: \_\_\_\_\_ Year: \_\_\_\_\_ Dates: \_\_\_\_\_

Program: \_\_\_\_\_ Supervising Staff: \_\_\_\_\_

## Activity Context

Riding BMX is a fun way to challenge participants in their confidence, co-ordination and balance skills. Participants are instructed on how to ride and how to use the provided safety equipment before riding on the specially designed BMX track lined with tyres. Competent riders may be taken on a ride around the camp site.

This document contains the specific risks, control measures and grading for the BMX activity. Please refer to the document **General Activity RMP – CCC Central Coast** for a list of general risks and control measures relevant for all CCC Central Coast activities, as well as risk rating information.

## Risk Management Plan

Hazard / Risk Description	Existing Control Measures	Risk Rating		
		Likelihood	Consequence	Control Effectiveness
<i>BMX – Risk factors specifically associated with the activity of riding BMX at CCC Central Coast</i>				
<b>Falling</b> From bike	<ul style="list-style-type: none"> <li>Participants required to wear correct attire (enclosed sturdy footwear)</li> <li>Participants required to wear safety equipment (helmet)</li> <li>Participants are briefed on riding bike correctly</li> <li>Participants briefed on what to do if bike crashes</li> <li>Participants briefed on hazardous areas (sand, down hill, tree roots etc.)</li> <li>Participants wear elbow/knee pads</li> <li>First aid kit and trained staff available</li> </ul>	Likely	Minor	Medium
<b>Impact</b> To other participants by bike; from bike hitting object	<ul style="list-style-type: none"> <li>Participants required to wear safety equipment (helmet)</li> <li>Participants are required to all ride in the same direction around the track</li> <li>Briefing to cover how to ride safely e.g. not using feet as brakes, as well as covering which direction to travel on track, and instructing on not deliberately hitting other riders</li> <li>Activity Leader supervises participants on track, and will remove participants from track if they are riding unsafely</li> <li>Maintained tyre wall surrounds track</li> <li>Non-riding participants required to stay off track while bikes are in motion</li> <li>'Start-area' separated by tyre wall from main track</li> <li>Participants briefed on what to do if bike crashes</li> <li>Participants briefed on how to overtake/briefed on how to approach &amp; ride around sharp corners</li> <li>Participants wear elbow/knee pads</li> <li>First aid kit and trained staff available</li> </ul>	Unlikely	Moderate	Medium

BMX Risk Management Plan – CCC Central Coast

Hazard / Risk Description	Existing Control Measures	Risk Rating		
		Likelihood	Consequence	Control Effectiveness
	<ul style="list-style-type: none"> <li>Pre activity check performed by Activity Leader to ensure no sticks are on track</li> </ul>			
<b>Impact</b> From other vehicles (while riding on site)	<ul style="list-style-type: none"> <li>Activity Leader monitors site ride at all times</li> <li>Site ride only rides along camp roads (no public road)</li> <li>Signs are present for vehicles to maintain slow speed and watch for young people</li> <li>Participants are briefed on safe riding along roads prior to site ride activity</li> </ul>	Rare	Catastrophic	Medium
<b>Penetrating Injury</b> From bike handles, sticks etc.	<ul style="list-style-type: none"> <li>Bike handles are covered with rubber grips</li> <li>Track checked for sticks prior to activity</li> <li>On site ride Activity Leader will avoid sticks and brief on hazardous areas</li> <li>First aid kit and trained staff available</li> </ul>	Unlikely	Major	Medium
<b>Grazes / Cuts</b> From falling onto track / ground etc.	<ul style="list-style-type: none"> <li>Participants briefed on hazardous areas (sand, down hill, tree roots etc.)</li> <li>Participants wear elbow/knee pads</li> <li>First aid kit and trained staff available</li> <li>Prior to start of activity track checked for rocks and sticks</li> </ul>	Possible	Moderate	Medium
<b>Participant Ability</b> Fear / Anxiety Complacency / Overconfidence Physical Ability	<ul style="list-style-type: none"> <li>Participation is based on meeting requirements</li> <li>Demonstration of understanding and/or skills shown in open area prior to riding on track or around site</li> <li>Participants are guided through activity supportively by Activity Leader</li> <li>Participants that demonstrate inability to effectively control bike will be given further coaching and close monitoring by activity leader before being allowed to continue on the track</li> <li>Activity Leader supervises participants on track, and will remove participants from track if they are riding unsafely</li> </ul>	Unlikely	Major	Medium
<b>Equipment Failure</b> Due to improper use, faulty / damaged equipment	<ul style="list-style-type: none"> <li>Activity Leaders trained in pre-activity bike checks</li> <li>Bikes regularly maintained by on site personnel and external bike mechanics</li> <li>Spare bikes available for breakdowns</li> </ul>	Unlikely	Moderate	Medium

### Risk Rating Matrix

All identified risks are recorded in the following risk matrix according to likelihood and consequence. The purpose of this matrix is to provide a snapshot of all identified risks and establish the level of risk to determine if further treatment is required.

Likelihood	Consequences				
	1 - Insignificant	2 - Minor	3 - Moderate	4 - Major	5 - Catastrophic
1 - Rare	1	2	3	4	5 Impact
2 - Unlikely	2	4	6 Impact, equipment failure	8 Participant ability, Penetration	10
3 - Possible	3	6	9 Grazes	12	15
4 - Likely	4	8 Falling	12	16	20
5 - Almost certain	5	10	15	20	25

### Risk Treatment

<b>1-4 Low Risk</b> <ul style="list-style-type: none"> <li>Risk does not generally need to be managed any further (current controls are adequate), however the risk needs to be monitored for changes in circumstances and current control effectiveness.</li> <li>Risk generally may be accepted.</li> </ul>	<b>10-14 High Risk</b> <ul style="list-style-type: none"> <li>Risk is unacceptable, risks must be further treated or removed to bring rating to medium</li> <li>Risks are to be re-assessed by Activities Manager</li> </ul>
<b>5-9 Medium Risk</b> <ul style="list-style-type: none"> <li>Risk needs to be regularly monitored for any changes and control/treatment effectiveness.</li> <li>Risk may be accepted after consideration.</li> </ul>	<b>15+ Extreme Risk</b> <ul style="list-style-type: none"> <li>Unacceptable risk, urgent attention is required to treat or remove risks</li> <li>Management to consider elimination of activity</li> </ul>

Risk Assessment Conducted by: *Program Manager, CCC Central Coast*

Date of Risk Assessment: *18<sup>th</sup> May 2020*

Date of Next Review: *May 2021*