

## KCC Activities Rules

# BMX Bikes

(1 Person)

### Key Supervision Rules

- Check All equipment before use
- Check conditions and adjust biking area as required
- Give clear instructions on biking area, direction etc
- Bikes only to be used on BMX track or unused field area close to BMX Track
- Adjust bike seats etc where needed
- 13 years and under only on bikes
- Clean bikes after days use
- Return all equipment to proper place at end of days activity

### Key Safety Points

- BMX helmets must be worn and fitted correctly
- Covered shoes must be worn, and no loose clothing
- No doubling

### Tips

- Set up time trials