



BMX RACING

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Cardiovascular Fitness

High-intensity racing develops excellent cardiovascular endurance and anaerobic capacity.

Balance & Coordination

Develops exceptional balance, bike handling skills, and body coordination.

Strength & Power

Builds explosive leg power and core strength essential for racing performance.

Quick Decision Making

Develops rapid situational awareness and split-second decision making at speed.

Community

Strong club culture with family-friendly environment and supportive community.

Competitive Pathway

Clear progression from local racing through regional, national, and international levels.

KEY HAZARDS & CONTROL MEASURES**Crashes & Falls**

- ✓ Mandatory full-face helmet
- ✓ Skills progression before racing
- ✓ Full protective equipment required
- ✓ Appropriate age/ability groupings

Rider Collisions

- ✓ Enforce racing rules and penalties
- ✓ Match ability levels in races
- ✓ Limit riders per moto appropriately
- ✓ Qualified officials monitoring

Starting Gate

- ✓ Regular gate maintenance and testing
- ✓ Practice starts for novices
- ✓ Clear starting procedures
- ✓ Gate operator training

Track Conditions

- ✓ Pre-session track inspection
- ✓ Watering in dry conditions
- ✓ Regular maintenance schedule
- ✓ Cancel in dangerous weather

Mechanical Failure

- ✓ Pre-race bike checks required
- ✓ BMX-specific bikes only (no pegs)
- ✓ Scrutineering for events
- ✓ Regular maintenance education

Weather Conditions

- ✓ Monitor weather conditions
- ✓ Hydration breaks in heat
- ✓ Postpone in heavy rain/lightning
- ✓ Adjust track prep for conditions

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Track Checks

- | | |
|--|--|
| <input type="checkbox"/> Track surface inspected | <input type="checkbox"/> Jumps and berms in good condition |
| <input type="checkbox"/> Starting gate tested | <input type="checkbox"/> Run-off areas clear |
| <input type="checkbox"/> Fencing secure | <input type="checkbox"/> Weather conditions assessed |

Rider Checks

- | | |
|--|---|
| <input type="checkbox"/> Full-face helmet worn and fitted | <input type="checkbox"/> Full protective equipment worn |
| <input type="checkbox"/> Bike pre-checked (brakes, wheels) | <input type="checkbox"/> Race licence valid (if required) |
| <input type="checkbox"/> Appropriate group/category | <input type="checkbox"/> No loose clothing or jewelry |

Safety Readiness

- | | |
|---|---|
| <input type="checkbox"/> First aid kit accessible | <input type="checkbox"/> First aider present |
| <input type="checkbox"/> Emergency procedures known | <input type="checkbox"/> Officials briefed |
| <input type="checkbox"/> Communication system ready | <input type="checkbox"/> Emergency access clear |



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