RISK ASSESSMENT WIZARD



BMX RACING

Safety Guide

Sports Recreation

6	24	21
Key Benefits	Control Measures	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
- ✔ Full protective equipment required
- ✔ Skills progression before racing
- ✔ Appropriate age/ability groupings

Rider Collisions

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

Starting Gate

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

Track Conditions

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

Mechanical Failure

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

Weather Conditions

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

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Track Checks

- [ ] Track surface inspected
- [ ] Jumps and berms in good condition
- [ ] Starting gate tested
- [ ] Run-off areas clear
- [ ] Fencing secure
- [ ] Weather conditions assessed

Rider Checks

- [ ] Full-face helmet worn and fitted
- [ ] Full protective equipment worn
- [ ] Bike pre-checked (brakes, wheels)
- [ ] Race licence valid (if required)
- [ ] Appropriate group/category
- [ ] No loose clothing or jewelry

Safety Readiness

- [ ] First aid kit accessible
- [ ] First aider present
- [ ] Emergency procedures known
- [ ] Officials briefed
- [ ] Communication system ready
- [ ] Emergency access clear

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✔ Instant PDF & print-ready documents
- ✔ Store and update assessments online
- ✔ Add your logo & organization details
- ✔ Reuse and duplicate assessments
- ✔ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today