

## BMX bikes

### Equipment

- 3 BMX bikes
- 3 full face helmets
- 3 goggles
- 1 foot pump
- 1 Hex key

Check equipment against this at the start and end of your session and report anything missing or broken. Check chains, tyres, brakes and general condition before use. Make sure tyres are very hard if 3 are riding on a BMX

### Leader requirements:

One competent person must take overall charge of the activity and ensure the equipment is in good order and used in a safe manner.

### Guide to use of equipment:

Bikes to be pushed to the BMX course do NOT ride the bikes on the main paths or camping areas. Maximum of 3 people on a bike. One pedalling, one on back wheel riders and one on front wheel riders. Please return to store as shown in picture.

### Guide to risk for your risk assessment:

Falls from BMX helmets to be used  
Riding into branches, goggles to used.

