



Tui Ridge Park

ROTORUA NEW ZEALAND

BMX Riding

What is BMXing?

BMX stands for Bicycle Moto-cross and is a very popular sport where groups of up to 10 people race around a specially designed short track.

Tui Ridge Park it's very own BMX track as well as enough bikes and helmets for up to 10 people.

You are in good hands

In order to keep your costs down we are happy for you to look after your selves. Our qualified instructors will give your group leaders a thorough briefing on all you need to know to run BMXing as safely as possible. Please bear in mind that BMX riding can be dangerous and adult supervision of children is compulsory at all times. For an additional cost Tui Ridge can provide an instructor for this activity. Each instructor has been fully trained and is totally competent in every aspect of all the activities and procedures.

What do I have to wear?

We advise sturdy shoes, relatively comfortable fitting practical clothes. Items like loose sandals and trousers with low crutches aren't recommended. Hats and warm jackets and a raincoat are recommended as it can get cold in between rides.

Food and Water

There are taps nearby with good drinking water so you can fill up your drink bottles there if needed. Tui Ridge can provide lunches by request but must be booked prior to arrival.

Who can use it?

Any member of the public can hire our BMX track and gear on any day of the week except Saturdays and subject to booking availability. Prices will vary depending on group numbers and time required. You are also more than welcome to bring your own bikes, however they will need to meet our safety requirements and helmets must always be worn.

Contact details

You can book with us by email at tuiridgepark@extra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



Tui Ridge Park

BMX RIDING PROCEDURES

This is an adult supervision activity

DESCRIPTION

The Tui Ridge BMX track is a purpose built 300m track for riding BMX. The track is to be ridden in a clockwise direction and care should be taken with beginners.

GROUP RESPONSIBILITIES

Each group must have competent adult supervision

Riders must be in the sight of the Supervisor at all times

Supervisor must ensure helmets are worn at all times

Before riding, supervisor must check all riders are familiar with BMX bikes and basic riding skills

Bikes must only be ridden on the TRP BMX track

Supervisor is responsible for bikes to be returned clean and in good condition

Any damage to bikes must be reported to Tui Ridge Park staff immediately

Tui Ridge Park accepts no responsibility for bikes brought on site

Supervisor should make themselves familiar with the BMX track and all potential hazards prior to taking group out

Shoes must be worn while riding (no sandals)

It is recommended that only skilled riders should attempt jumps

Supervisor must make participants aware of the guidelines listed above

TUI RIDGE PARK RESPONSIBILITIES

Tui Ridge Park will maintain bikes on a regular basis

Bikes will be checked prior to riding

Tui Ridge Park will point out any hazards on the track

Tui Ridge Park maintains the right to withdraw the bikes from use if they feel the leaders are acting in an irresponsible manner

Tui Ridge Park will provide helmets for all riders of Tui Ridge Park bikes

Tui Ridge Park will maintain the TRP BMX track to a safe standard

Tui Ridge Park takes no responsibility for any injuries incurred while using the TRP BMX bikes and track

IMPORTANT

Groups hiring the Tui Ridge Park BMX bikes and track will be charged for any damage caused by careless handling or miss use. Normal wear and tear replacements will be covered by Tui Ridge Park.

DISCLAIMER

I, the under signed have read and understand the procedures for the hire and use of the Tui Ridge Park BMX bikes and track and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____ (Group leader) Date: ____/____/____

Group name: _____

Safety Action Plan

Tui Ridge BMX Track

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
<p>Concussion, broken bones Sprained ankles, knees.</p>	<p>Falling off bike Hitting tree or other obstacles</p>	<p>Clear instructions on riding skills</p>	<p>Tui Ridge Staff</p>	<p>Prior to riding</p>
	<p>Bikes poorly maintained/equipment failure</p>	<p>Regular maintenance</p>	<p>Tui Ridge Staff</p>	<p>Prior to ride Between rides Monthly maintenance schedule</p>
	<p>Track not well maintained</p>	<p>Track maintained regularly</p>	<p>Tui Ridge Staff</p>	<p>Track checked & maintained monthly</p>
	<p>Helmets not fitted correctly</p>	<p>Clear instructions given to riders on correct helmet fitting</p>	<p>Tui Ridge Staff</p>	<p>Prior to riding</p>
	<p>Track Slippery</p>	<p>Monitor weather and advise groups accordingly to take care on track. Shut down ride if needed.</p>	<p>Tui Ridge Staff</p>	<p>Prior to and during riding</p>

Safety Action Plan

Emergency Action Plan

- Stop the activity
- Assess the patient administer first aid if injury is not serious
- If serious injury contact Ambulance service via Tui Ridge office on 2 way radio
- Do not move patient
- Stay with injured party until help arrives
- Continue activity if appropriate after patient is treated
- Complete incident form at end of ride

Instructor requirements

- Group leadership skills
- Bike riding skills

Pre activity check list

- Check all bikes are operating properly, i.e. brakes are working and tyres are tight
- Check helmets are in good condition
- Assist group in the fitting of bike and helmets
- Give riding skills instruction to group
- Brief group on safe operating procedures

Additional requirements/Qualifications:

TRP Staff should have the following NZQA unit standards

- 20137
- 20138
- 20817

