
	<b>CYCLING</b>  <b>BMX</b>	
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<p><b><u>DESCRIPTION:</u></b></p> <p>BMX cycling.</p>
<p><b><u>QUALIFICATIONS:</u></b></p> <p>The instructor supervisor should have knowledge of the Bicycle / Moto Cross Association guidelines. British Cycling Level 2 BMX Coaching Award.</p> <p>Optionally in addition, Cycling for Schools is the British Cycling entry-level coach education course providing school staff with entry-level cycling and coaching skills.</p>
<p><b><u>STAFFING RATIO:</u></b></p> <p>1 / 10</p>
<p><b><u>PROTECTIVE EQUIPMENT:</u></b></p> <p>Protective head gear that complies with British Safety Standards, appropriate cycling gloves, appropriate other body protection, appropriate reflective clothing.</p>
<p><b><u>HAZARDS:</u></b></p> <ul style="list-style-type: none"> <li>• Crashes</li> <li>• Slips</li> <li>• Falls</li> <li>• Equipment failure</li> <li>• Other riders</li> </ul>
<p><b><u>GUIDANCE:</u></b></p> <p>It is very easy for someone who is not an experienced rider to fall off even doing easy BMX tricks and they can be very easy hurt. Protective equipment must be to a high standard and equipment and the bike must be maintained in a good state of repair.</p>
<p><b><u>OTHER INFORMATION:</u></b></p> <p>British Cycling: <a href="http://www.britishcycling.org.uk">http://www.britishcycling.org.uk</a></p>