

Risk Management

The key to minimizing risk is preparation. This program is designed with this principle in mind. What follows is a list of important elements to consider:

1. Your first aid training is up to date.
2. The parent, caregiver or teacher stays on site.
3. The child has a certified, properly fitting bicycle helmet.
4. The child has a safe bike that fits and is in good working order.
5. The parking lot or playground for practising handling skills is safe:
 - ⌄ Traffic free
 - ⌄ Surface paved and free of glass, sand, gravel and debris
 - ⌄ Lines painted or chalked on the surface
 - ⌄ Level ground (if sloped, practice exercises in uphill direction)
 - ⌄ Lots of space (10 metres by 40 metres recommended per instructor)
 - ⌄ Good weather: be careful of using painted lines when wet. Be mindful of fatigue and dehydration that can be caused by extended periods in the sun.
6. Use safe equipment. For example, tennis balls cut in half instead of traffic cones.
7. Follow the sequence of instruction. It is designed so that the skills learned build on each other.

Emergency Action Plan

Keep the following information on you at all times:

- ⌄ nearest telephones and emergency phone numbers
- ⌄ nearest hospital with emergency facilities
- ⌄ designated qualified first aid person
- ⌄ location of first aid kit