



Scott's BMX Trick Bike Show Job Safety Analysis (JSA) - Ground Based Solo BMX Show

Scott Hone, BMX Trick Bike Rider, Juggler, Object Manipulation					
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Activity/Task	Hazards/Risks	Risk control measures	Who is responsible?
Prepare performance space	There is not enough space to perform safely leading to collisions with equipment, the building, or other participants	<ul style="list-style-type: none"> - Identify and secure the performing area. - Make venue/event staff in the area aware of your activities. Avoid performing in a 'pathway'. - Physical barriers may need to be put in place. - Usher/event staff present to supervise performance and ensure safe passage of patrons. - Check floor surface is flat and suitable for performance work. - Make sure there is enough space to safely fall out of tricks. - Make sure the aerial space of the performance space is clear of any hazards. - Be conscious that what is a prop for the show may be a hazard for others. The area may need to be contained or a suitable storage area used. 	Performer Venue / Event Staff / Stage Manager / School / Show Agent



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	<p>Trip, slip or fall incidents due to extraneous items such as rubbish, clothes, phones, notebooks, drink bottles, irrelevant props and equipment, liquid spills, dust, dirt, etc</p>	<p>Look at space and clear a safe area</p> <ul style="list-style-type: none">- Put rubbish in bin- Store clothing and drink bottles in correct area- Pack up any unused equipment into the appropriate storage space- Clean any spills- Remove all extraneous items from the performance area	<p>Performer Venue / Event Staff / Stage Manager / School</p>
<p>Prepare Equipment for performance</p>	<p>Not having the equipment ready prior to commencing the performance could mean that people decide not to use safety equipment to save time. Equipment may be used before it is safe to do so.</p>	<ul style="list-style-type: none">- Equipment is set up properly prior to performance.- A suitable call time has been arranged to allow the performer enough set up time.	<p>Performer Venue / Event Staff / School</p>
	<p>Equipment is faulty/inappropriate/not safe to use and could fail</p>	<ul style="list-style-type: none">- Prior to use check equipment ensuring there are no visible signs of aging, damage or neglect.- If equipment is damaged or broken fix it prior to use, if this is not possible take it out of action.	<p>Performer</p>



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	Outside weather environments may cause temperature fluctuations or cause sunburn	<ul style="list-style-type: none">- If working outside be aware of the timing for the rehearsals / show and what the weather will be at those times, so as not to be adversely affected by being too hot/cold or have too much exposure in the sun. Sun cream might need to be used with thought given to whether that will affect slipperiness on equipment/props.- Care needs to be taken if there has been rain as it might make surfaces slippery.	Performer / Event Staff / Venue Staff / School
Technical Rehearsals	Multiple performances can be physically draining. Extended warm-up and rehearsal or environmental factors can lead to exhaustion and critical fatigue.	<ul style="list-style-type: none">- Monitor stamina for exhaustion	Performer
	Sound levels high causing distraction and disorientation or confusion or ear damage.	<ul style="list-style-type: none">- Sound levels tested prior to technical rehearsals then and monitored and set by Sound Designer/Operator/ Performer in technical rehearsal.- Clear communication between Performer, Sound Designers/ Operators/Venue Staff.	Performer / Venue Staff



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	Lighting Level to dark or too bright causing disorientation.	<ul style="list-style-type: none">- Lighting levels tested prior to technical rehearsals then and monitored and set by Lighting Designer/Operator in technical rehearsal.- Performer to communicate with venue staff if lighting is not adequate for their needs.	Venue Staff
Before Technical Rehearsal and performance	Prepare for physical activity to avoid injury <ul style="list-style-type: none">- Body and mind not “ready” for physical performance	<ul style="list-style-type: none">- Ensure the performer has completed adequate warm-up before proceeding i.e. physical activity like jogging, jumping and skipping to increase blood circulation, loosen muscles and increase the range of movement – 15 to 20 mins (beware not to fatigue). If the environment is cold this may need to be longer.- Stretch muscles groups relevant to quads, glutes, hamstrings and calves as well as the muscles of the upper and lower arms, full extension and flexion through the spine.- Warming up and stretching should be done if particular skilled activities are to be performed.- Performer must inform agent of any injuries, illness or medications that may affect their performance.	Performers



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Inappropriate clothing	<ul style="list-style-type: none">- In general, not too bulky not too tight so as to not restrict movement.- Hair may need to be managed regarding visibility or getting caught.- Any potentially hazardous jewellery will need to be removed.- Piercings may need to be taped over or removed.- Performer should have run complete routine in costume (dress run) prior to the performance to ensure there are no issues with the costume	Performer
De hydration due to highly physical nature of the performance and/or high temperatures	<ul style="list-style-type: none">- Make time and space for performers to re-hydrate.- Limit and define performance sets as appropriate prior to event.- Performer has a break and refreshment between sets.	Performer / Agent
Multiple performances can be physically draining. Extended warm up and rehearsal or environmental factors can lead to exhaustion and critical fatigue	<ul style="list-style-type: none">- Monitor stamina and for exhaustion	Performer
Performer performs skill incorrectly or injury is caused from the dangerous nature of the material.	<ul style="list-style-type: none">- Performers are trained professionals and should have experience to have different safe options to exit skills	Performer



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	Props causing injury	<ul style="list-style-type: none">- Be aware of what the effect of props on stage will have in regards to trip/slip hazards to both the performer and also to audience if using them as part of routine.	Performer
Audience Participation	Audience member slips or falls off bike.	<p>Audience member(s) are given explicit and clear instructions on what they are to do. They have are given two practise runs. During the group bike skill, if at any moment an audience feels uncomfortable they can simply let go and step safely off the bike onto the floor not effecting anybody else.</p> <p>Should the smaller audience standing on the bike frame between the seat and the handlebars member slip, they are protected by my arms where I can hold onto them and they can regain their footing</p> <p>The bike travels at a slow walking speed.</p>	Performer
Finish Performance	Incomplete cool down, overly hyped due to dynamic activity. Build-up of too much lactic acid	<ul style="list-style-type: none">- Ensure time is spent to bring the body back to its resting heart rate and appropriate slow stretching exercises connected to breathing are completed for the muscles used	Performers



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	Incomplete or incorrect storage can lead to falling object or trip hazards and also encourage use by people who have not had the appropriate training	- Return all equipment to the set storage space and ensure space is clean and clear	Performer // Venue staff // Stage Manager
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