



Offsite Mountain Bike Risk Assessment

Location: Various locations and trails no harder than a ‘Red route’

All Riders will be given a comprehensive safety brief before engaging in a Mountain Bike club session if they are new to a club ride.

Mountain biking can be an exciting and enjoyable activity, but it also carries inherent risks. Therefore, a risk assessment is necessary to identify and mitigate potential hazards associated with the activity. The following is a dynamic risk assessment for The Mountain Bike Club. A ‘dynamic’ risk assessment means that our lead coach will always be taking in the conditions and assessing the best route with regards to ability of the group and the weather. The club and the ride will always accommodate, and operate each ride to the ability for that of the least able rider.

Hazard	Severity	Likelihood	Control Measures
General			Suitably qualified and experienced staff (Minimum Trail cycle leader, British Cycling level 2, Mias Level 2 & current First Aid) Clear briefings and supervision. Phone and first aid kit carried Session planning in place All accidents, incidents and near misses reported and recorded appropriately and reviewed. Any review recommendations implemented.
Manual handling injuries whilst lifting bikes	Low & Low		Briefing on appropriate manual handling techniques to be given and employed.

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<p>Mechanical failure / equipment damage</p>	<p>Serious injury if a fall results</p> <p>Stuck in difficult location</p>	<p>Low</p> <p>Low – medium likelihood</p>	<p>Bikes checked before use. If hiring only hire from reputable organisation. Repair kit and spares carried. Mobile phone carried Options for leaving bikes and evacuation considered. Remoteness of route choice avoided</p>
<p>Falling off bike</p>	<p>Serious injury</p>	<p>Medium - When riders fall they 'spall' falling on their sides or landing forwards with their arms out. Resulting in arm and collar bone injury</p>	<p>Appropriate briefing, instructor observation, appropriate equipment to be used and worn. Specific notice to be taken of footwear, laces and trouser ends Helmets fitted correctly and worn Group speed controlled on more technical sections. Skills sessions dynamically risk assess surroundings and 'run outs' and previous assessment of group's ability.</p>
<p>Head injury caused by fall</p>	<p>Serious injury</p>	<p>low</p>	<p>Appropriate helmet fitting briefing, instructor and group observation, helmets to be worn whilst moving.</p>
<p>Collision with other bikes</p>	<p>Medium</p>	<p>Low</p>	<p>Appropriate briefing at different points of ride to space riders.</p>
<p>Collision with pedestrians</p>	<p>Medium</p>	<p>low</p>	<p>Appropriate briefing, front rider controls speed of group on pedestrian paths of less than 2.5m width and on any track with 'blind' corners. Bell used to make pedestrians aware of approach.</p>
<p>Collisions with cars</p>	<p>High</p>		<p>On public roads instructors will wear bright jackets or fluorescent waistcoats. Group rides in single file with fluorescent jacket at back. Crossing the road all group dismounts and crosses together. Road cycling kept to a minimum in route planning On public roads cycle paths and footpaths used where available</p>

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<p>*EXAMPLE* Over the bars on Steep Terrain</p>	<p>Medium</p>	<p>Medium</p>	<p>Clients briefed and trained in dynamic body positioning before ride begins Move weight over the Rear wheel Keep Pedals flat/ Heels down Clients briefed in correct breaking techniques *feathering*</p>

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Hazard	severity	Likelihood	Control Measures
Hypothermia	Medium to high	Low	<p>Instructions on what to wear and what to bring is provided in the Joining information. This is to include food and drink</p> <p>Instructor checks group clothing and food and drink before setting off.</p> <p>Cagoules issued if necessary or participants turned away.</p> <p>Participants sent to shop for food and drink</p> <p>Drink plenty of fluids before and during session to remain hydrated (major cause of hypothermia)</p> <p>Emergency food brought by instructor.</p> <p>Flask of hot fluids in Winter temperatures (wet and windy days too) if going to remote situations. Not necessary if within 20 minutes of a shop.</p> <p>Weather forecasts to be checked prior to session to allow for appropriate measures</p> <p>Instructor to monitor mood of group members</p>
Heat exhaustion	Med to high	low	<p>Instructor monitoring group, group should be hydrated prior to session, water bottle to be carried</p> <p>Heat exhaustion is caused by long rides, on warm days with poor hydration. Rides kept shorter</p>

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Sun Burn	Low – only face or arms exposed	Med	Suntan lotion to be brought and applied regularly, instructors to ensure children have applied lotion
Aggressive cattle	Med	Extremely low	Avoid grazing cattle in fields and on tow path side, especially when in calf or calving
Dog attack	Low to med	Low to med	Slow down whilst approaching dogs to allow walker to gain control of dog before group draws near.
Medical conditions and allergies	Low to high	Low to high (asthma)	Instructed to beware of any medical conditions and allergies, and to ensure individual has appropriate medication Instructor checks booking forms with medical details Instructor asks group to disclose and changes to medical conditions since the form was written. Only conditions relevant to the activity need be disclosed. Be clear to explain what types of conditions are relevant and set participants expectations for the day (strenuous, get wet, no toilets etc)

Notes

- All coaches should be aware of Mountain bike clubs emergency procedures prior to delivering any sessions.
- All coaches to carry first aid kit and repair kit and appropriate equipment for weather conditions
- It is the responsibility of the coach to ensure equipment is safe and appropriate for use prior to each session.
- It is the responsibility of the coach to alert Bardolph Kerr of broken or damaged equipment, or injury or near miss and to record this information in the Accident and Emergency book. If unclear how to complete this then contact Bardolph immediately for support.
- If the coach is unsure of any relevant safety-related matters the problem should be resolved prior to coaching session
- This is an adventurous sport and some risk is assumed by participants. Removal of all risk is not only impossible but detrimental to the development of participants. However risk versus benefits have to be considered