## MOUNTAIN BIKING RISK ASSESSMENT

<table>
<thead>
<tr>
<th>HAZARD</th>
<th>RISK</th>
<th>PEOPLE AT RISK</th>
<th>CONTROL MEASURES</th>
<th>COMMENTS/ ACTIONS</th>
<th>RESIDUAL RISK RATING L M H</th>
<th>SEVERITY RISK RATING L M H</th>
<th>INITIAL IF ALL IN PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qualification of staff</td>
<td></td>
<td></td>
<td>• Mountain Biking Activities Session – NGB Guidelines must be adhered to</td>
<td>If staff not properly qualified then no session</td>
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<td></td>
<td></td>
<td></td>
<td>• All Coaches must be enhanced CRB Checked</td>
<td>Refer to outdoor education manager James Brooke 01226 370509</td>
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<tr>
<td>Staff: Adults/Child ratio</td>
<td></td>
<td></td>
<td>o Mountain Biking Coaching Session - NGB Guidelines must be adhered to. Observe good manageable staff ratio</td>
<td>If staff may be working alone they must refer to this in the Event Specific Risk Assessment</td>
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<tr>
<td>People participating who are not eligible or medically fit</td>
<td></td>
<td>Participants</td>
<td>• Ensure participants are eligible to participate – age, ability etc. relevant to the session</td>
<td>Check through registers or verbally request information at open access sessions</td>
<td>Low</td>
<td>Medium</td>
<td></td>
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<tr>
<td>Legal liability &amp; Unknown Medical conditions</td>
<td></td>
<td></td>
<td>• Ensure participants are medically fit to participate, enquire in sensitive and confidential manner</td>
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</tbody>
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This generic risk assessment identifies the common hazards and control measures associated with this type of activity. Before undertaking the activity, the ACTIVITY LEADER must also complete an “EVENT/ VENUE/ GROUP -SPECIFIC” Risk Assessment.

Risk Assessment Carried Out By: Name: Signed: Date

Spot Checked by: Managers Name: Signed: Date

Review Date:
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| Condition and access of delivery site i.e. Slippery, wet, uneven, dirty, dog faeces, litter, glass, large bricks and stones. | Slips, Trips, Falls and obstruction of access, damage to equipment | Participants, parents, volunteers and leaders | • Inspection of the floor surface to ensure it is safe for the session to take place  
• Access to Qualified First Aider, First Aid Kit and Telephone  
• Publicity states what access is available, e.g. Wheelchair access  
• Suitability of the intended route for the ability level of the group  
• Individual risk assessment for each site used | Request letting body or management organisation to clean if required. If area cannot be made safe cone off the area | Low | Low |
|---|---|---|---|---|---|
| Any obstructions i.e. Benches, Chairs, Equipment, Bags surrounding the play area | Slips, Trips & Falls | Participants & Leader | • Removal of any items an safe distance from around the sides of the delivery area  
• Access to Qualified First Aider, First Aid Kit and Telephone | Request letting body to remove large items | Low | Low |
| Child protection | Participants vulnerable from members of the public | Participants | • Ensure that participants leave the play area with a buddy (to the toilets/drink/break etc.)  
• Leaders awareness of spectators at open access sessions and general public areas  
• Photography requires written consent | Brief all participants before each session  
Leaders make appropriate enquiry to member of the public  
Written consent collected from parent / guardian | Low | Low |

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<tr>
<td>Review Date:</td>
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</tr>
<tr>
<td>Risk</td>
<td>Injury</td>
<td>Participants &amp; Leader</td>
<td>Control Measures</td>
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<tr>
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</table>
| Strains and Injuries during and after play | Injury | Participants & Leader | • Recognised Coaching methods used  
• Adequate Warm Up and Cool Down  
• Participants Wearing Suitable Clothing and Footwear  
• Access to Qualified First Aider, First Aid Kit and Telephone | Planned and structured coaching session | Low | Low |
| Fire Evacuation procedures | Injury by heat / smoke or panic | Participants & Leader | • Fire evacuation procedures in place on site | Staff to familiarise themselves with evacuation procedures and exits, and brief group if necessary | Low | High |
| Weather conditions | Dehydration, heatstroke, sunburn, pneumonia, injury from equipment | Participants, Leader, volunteers and spectators | • Regular Breaks and Access to Drinking Water  
• Appropriate clothing, footwear and protection against prevailing conditions  
• Asses weather conditions with respect to the safety of the activity under adverse conditions (poor visibility, bad traction etc) | Asses the conditions and plan accordingly. Hats is sunny, extra appropriate clothing if cold and/or wet. Cancel session if unsafe | Low | Medium |
| Manual Handling | Injury from moving objects/ equipment | Leaders, volunteers | • Ensure all staff have received suitable training for moving heavy objects or specialist items of equipment  
• Ensure that enough staff are present to move any required items of equipment | Training to be delivered by a suitable member of staff | Low | Low |
| Unacceptable behaviour from participant and spectators | Injury from arrow | Participants, Leader, volunteers and spectators | • Brief each participant about the hazards of activity  
• Make participants aware that unacceptable behaviour will not be tolerated | If behaviour is unacceptable then stop session | Medium | Medium |

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- **Signed:**
- **Date:**

**Spot Checked by:**

- **Managers Name:**
- **Signed:**
- **Date:**

**Review Date:**
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| Use of vehicles | Vehicle failure due to check-list not being up-to-date | Leaders, volunteers, spectators | • Regular maintenance/servicing of large equipment and vehicles  
• Driver license check for drivers, ensure that drivers are well-briefed on the use of that vehicle | Ensure vehicle check-list is up-to-date and perform pre-use checks | Low | Medium |
|-----------------|------------------------------------------------------|---------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------|--------|--------|
| Risk arising from the nature of the activity | Injury from crashing mountain bike | Leaders, volunteers, spectators | • Ensure that all participants are wearing appropriate protection and have been properly briefed  
• Route to avoid conflict with other users | If participants not properly equipped & briefed then no session | Low | Medium |
| Use of equipment | Injury due to broken or inappropriate equipment | Participants, leaders, volunteers | • Pre-session equipment check  
• Regular servicing & maintenance of equipment | Session leader must complete pre-session check | Low | Low |