

## Mountain Biking Generic Risk Assessment



Venue(s) Various around the County

Dates: Review Sept 2017

Staff in charge: Darren Oram

Assistant: various

It may be necessary to attach a site specific risk assessment to this document if specific hazards have been identified for the specific venue. This risk assessment highlights the hazards common to mountainbiking in the Wiltshire area in general.

PPE: Helmet, gloves

Min Instructor Qualification: MIAS Level 1

Glasses (depending on conditions / venue)

Activity	Hazard	Risk	Control Measures	Further
Mountain biking - general	Falling off!	Falling off	All members to wear helmet and gloves and given basic briefing about correct usage of brakes / gears.	Start of session will involve basic riding in set area allowing instructors to assess ability of participants
	Other cyclists	Collision	Correct distances will be specified and enforced where possible. Participants to be told not to cycle 'no handed'	Where necessary the leader will ride ahead of the group warning pedestrians / marking out hazards
	Grit / dirt in eyes	Damage to eyes or temporary loss of vision leading to collisions	Each member will be offered safety glasses to wear.	May be necessary to stop group to enforce this rule if needed
	Uneven surfaces / trees , obstacles	Collision, falling off	Hazards will be identified and advice given. Routes will change to suit ability, weather, terrain	
	Cold / Hot	Hypothermia, Heat exhaustion	Groups will carry sufficient	Monitor and change route where

			water and spare supplies where needed. Leaders will have group shelter.	needed (e.g. cut short / avoiding hills / keeping under canopy)
	Bike maintenance / safety	Quick releases being loose, ineffective brakes, sharp edges	The leader will inspect all bikes before giving them to the participants and perform dynamic checks throughout session	All bikes are regularly serviced
Sections of road riding	Vehicles	Collisions	Member of staff at front and rear to monitor group during road riding sections. Staff to manage any sections of road crossings	Minimise road riding sections
Technical terrain	Drops, slopes, tree roots, jumps	Participants falling off / collisions	Before 'technical' challenges the leader will clearly set out the activity and explain how the participants should approach the challenge. Unconfident riders should be given an opt out option. The leader must position themselves in the 'position of maximum usefulness'	The challenge must suit the ability of the group. Dynamic risk assessment needed
Extreme weather conditions	Too hot / strong winds / cold weather / heavy rain	Dangerous biking conditions	It may be necessary to change venue to a more protected / open trail. Change to a shorter route or swop mountainbiking for another activity	