

Mountain Biking (not Pump & Gravity) Risk Assessment

Activity Instructor Led Mountain Biking (not pump, Gravity or North shore)

What are the hazards?

- Falling from bicycles
- Collisions
- Trips, Slips, and falls from the unstable environment.
- Injury from Bike
- Vehicles
- Projectiles in air
- Groups becoming lost.
- Equipment Failure
- Forest Animals, horses, and ponies
- Obstacles on tracks (i.e. branches etc.)
- Horseplay by participants

Who is at risk? Staff, participants, and members of the public.

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
Falling from bicycles and collisions due to loss of control of bike, pedestrians on track and entrance to track. Too many riders on (parts of) track. Bikes travelling in opposing directions, debris/litter on track. Dips slopes and bends in the course.	<p>Clear instruction in bike control and sensible speed to reduce likelihood of falls.</p> <p>Instructor to guide group on 'walk through' of track at start of session. This is done:</p> <p>When appropriate at the discretion of the instructor</p> <p>When entering difficult section of the course.</p> <p>Clearly marked entrance to track and track, Clearly marked one-way system.</p> <p>Instructor knowledge of the tracks.</p> <p>General information about sections of the track or route will be communicated to the group before crossing.</p> <p>Groups will go through an induction to assess individual's needs. The instructor will be dynamic in their risk assessing and cater the session to the least skilled member of the group.</p> <p>Each participant will wear a helmet.</p> <p>Groups will be made aware that other people use the tracks. Passing will be done under control and groups will push bikes past if necessary.</p> <p>Managing group bike speed</p>		
Head/eye injuries caused by low branches/twigs, signs, and trees on course	<p>Compulsory wearing of helmets.</p> <p>Signs and markers on course above/below head height when riding.</p> <p>Checks are also done on the bike track after extreme weather i.e., strong winds to check for fallen branches or trees.</p>		
Injury from bike due to poorly maintained	Centre equipment to be regularly checked and maintained.		

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
equipment or inexperience in mountain biking.	<p>Each bike provided by Avon Tyrrell will receive a check before the session or rental and inspected regularly.</p> <p>Instructors will have basic tools to carry out on route maintenance such as punctures and minor issues.</p> <p>For participants using their own bike do so at the discretion of the instructor, the responsibility for the bike lies ultimately with the participant.</p> <p>Instructor to assess level of participants experience and give help accordingly.</p> <p>Variety of routes available – Blue- beginner and red for riders that have shown good control</p>		
Vehicle Related Injuries from neighbouring vehicle track and main driveway	<p>Co-operation in group control by group leaders.</p> <p>Speed restrictions enforced.</p> <p>Good instructor awareness.</p>		
Participants becoming lost while using bike tracks	<p>Clear instructions to be given.</p> <p>Clear communication between participants and instructor.</p> <p>Use of signs to indicate direction of track.</p> <p>Regular head counts</p> <p>Instructor in point of most usefulness.</p>		
Human error – groups not listening to briefings and taking in vital information. Language barriers with non-English speaking groups. Groups with limited mental capacity not understanding instructions.	<p>All instructors running sessions to be qualified.</p> <p>Full co-operation from group leaders in group control and discipline.</p> <p>Translators required and to be provided by group for non-English or limited English speakers.</p> <p>All additional controls are dependent on group types and are mainly the group’s responsibilities.</p> <p>All to be agreed at time of booking and on arrival at the centre.</p>		
Falling off Bridge over lake run off	<p>The bridge is sturdy and strong with barriers preventing either bike or rider coming off.</p> <p>There is an alternative route to going over the bridge by going through the ditch to the side if required.</p>		
Coming across animals such as horses, pony, and cows.	<p>Groups will pass slowly, giving plenty of room for the animal to move away.</p>		
Having an accident involving other road users through poor group control	<p>Cycle groups will be organised to travel in a single file manner whilst on the road.</p> <p>Groups will ride to the left and keep close together to travel as one block.</p>		

What are the risks?	Existing safety measures/controls	Likelihood	Risk Rating
	The instructor will be positioned at the rear of the group and will communicate messages forwards about any vehicles that are overtaking.		
Collisions into other users	Directions signs place around track Safety rules shared with group before starting riding and reinforced. Track signage to incorporate natural loops		
Injuries from overestimating abilities on parts of the track; potentially jumping and landing awkwardly	Instructor to gauge the groups abilities through introductory exercises and use the track appropriately. A mountain bike session is for riding only; there will be no jumping and the use of the pump, gravity and north shore are not to be used on typical sessions		

Reference to other manuals assessments:

Avon Tyrrell reference and training folder
UK Youth Health and Safety policy

Reviewed April 2023 by Head of Outdoor Learning Engagement and Delivery
Approved April 2023 by Assistant Director of Outdoor Learning
Next review April 2024

Land Activities Risk Assessment

Activity: Activities Team session delivery

What are the Hazards?

- Weather
- Uneven ground
- Lack of communication
- Manual handling
- Uncooperative/ horseplay from groups
- Unskilled instructors
- Lake, swimming pool and Pond water
- Road, tracks, and car parks
- Barbed wire

Who Is at Risk? Staff, participants, and members of the public.

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
Hypothermia and Hyperthermia	<ul style="list-style-type: none"> • Uniform provided for Avon Tyrrell staff (PPE) • Instructors to equip themselves suitable for the prevailing conditions. • Shelters and taps with drinking water located at or near to all activities to provide shade and hydration reducing the risk of overheating. • Guests are provided with suggested clothing for each session prior to participation. • Instructors to monitor groups and are aware of symptoms and actions to take to avoid situations arising from Hypothermia or Hyperthermia 		
Slips, trip, falls, cuts & grazes	<ul style="list-style-type: none"> • All areas maintained to a practical level in keeping with the environment for the activity in question (i.e., natural woodland for environmental sessions, clear footing where spotting is required etc.) • Area & activities visually inspected prior to sessions. • Instructors and guests will wear appropriate footwear for the activity in question. Unless otherwise stipulated, trainers are the recommended footwear but secure walking boots, wellington boots and shoes will be accepted for most activities. • Clear instructor briefings and group control 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
	<ul style="list-style-type: none"> • Instructors aware of and to use the C.L.A.P throughout sessions. • Any individuals not adhering to Avon Tyrrell's safe working practices will be asked to refrain from participating until they are able to do so. • Participants are advised to wear long sleeves and trousers. • All Staff trained in appropriate spotting techniques. • Demonstrations or clear instructions given for all aspects of the sessions – participants may be used for this. 		
Equipment Failure	<ul style="list-style-type: none"> • Area & activities visually inspected prior to sessions. • Activities follow a comprehensive monthly / bi-monthly physical inspection regime. 		
Lack of communication leading to situation worsening	<ul style="list-style-type: none"> • A radio will be carried on sessions or located at the activity base. • Mobile phones (turned to silent) encouraged on session as a backup. • When operating offsite then a charged mobile phone must be carried • Procedures in place to support staff if an incident occurs. • DI on duty and monitors activities Team and delivery 		
Injuries through lifting heavy and awkward objects	<ul style="list-style-type: none"> • Training given to all staff prior to running the activities independently which includes manual handling techniques. • Where staff hold qualifications, the manual handling advice provided during this training must be carried out. • Staff are encouraged to work together and use equipment where necessary to aid lifting where possible. • Instructors demonstrates correct lifting and manual handling techniques. • Instructors to help with lifting and moving equipment. 		
Injuries to staff and guests due to improper training	<ul style="list-style-type: none"> • Training will be provided to guests for all activities in line with the specific operating procedure for the activity. • Training will be provided for instructors; this will be done with external and internal training courses. • The delivery of session is monitored by a senior member of the activities team and feedback is given 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
Human error – groups not listening to briefings and taking in vital information.	<ul style="list-style-type: none"> • Full co-operation from group leaders in group control and discipline • Instructors can stop a session if they feel that group members are acting in a dangerous or irresponsible manner. • If there is an issue, there will be a senior member of staff available to assist. 		
Contracting Lyme disease Ehrlichiosis, Babesiosis and Bartonella from ticks	<ul style="list-style-type: none"> • Groups are encouraged not to go through bracken, tall grass, or high vegetation. Especially between the high-risk months of May-June and September – October. • Groups are encouraged to wear long sleeves and trousers in the high-risk months when doing activities. • 'Tick twisters' available to assist in removal of ticks if found during visits and advice given to seek medical attention if any of the signs/symptoms appear. 		
Injury or death from vehicles working or visiting the site	<ul style="list-style-type: none"> • Group leaders to be aware of traffic areas and be responsible for the group- setting boundaries and making their group aware of Roads, tracks, and car parks. • Roads, tracks, and car parks are marked on the Avon Tyrrell map. • Speed limits around site 15MPH • Instructor running session to minimise time on roads and in car parks and where possible avoid. • Ensure good group control. • Speeding drivers or inappropriate driving to be challenged by staff 		
Injuries from Barbed wire (used across Avon Tyrrell's boundary to keep livestock out)	<ul style="list-style-type: none"> • Group leaders to be advised on arrival there are sections of barbed wire around the site, and these have warning signs. • Group leaders to be responsible for the group- setting boundaries and making their group aware of location of Barbed wire. 		
Getting lost and injured	<ul style="list-style-type: none"> • Group leaders to be responsible for the group- setting boundaries and making their group aware of hazards. • Avon Tyrrell has a lost person procedure that can be put into action if someone is missing. • On session the instructor will be familiar with the area they are using • Instructors to maintain control over a group and regularly check numbers present 		

What are the Risks?	Existing Safety Measures/Controls	Likelihood	Risk Rating
Manual handling injuries from moving equipment – Instructors and participants	<ul style="list-style-type: none"> • Mechanical aids used to transport equipment- i.e., wheelbarrows. • No particularly heavy equipment used. • Good instructor briefing and awareness. • Challenges chosen must be appropriate to the group. • Instructor training and assessment procedures prior to running sessions independently. • Annual manual handling training for staff 		

Reference to Other Manuals Assessments:

UK Youth Health and Safety policy

Unattended Child Policy

Missing child policy

Emergency procedures

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