

Mountain Biking (not pump, Gravity or North shore) 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
<p>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>	<p>Clear instruction in bike control and sensible speed to reduce likelihood of falls. Instructor to guide group on 'walk through' of track at start of session. This is done: When appropriate at the discretion of the instructor When entering difficult section of the course.</p> <p>Clearly marked entrance to track and track, Clearly marked one-way system. Instructor knowledge of the tracks. General information about sections of the track or route will be communicated to the group before crossing. 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. Each participant will wear a helmet. 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. Managing group bike speed</p>	LOW	LOW

Head/eye injuries caused by low branches/twigs, signs and trees on course	Compulsory wearing of helmets. Signs and markers on course above/below head height when riding. Checks are also done on the bike track after extreme weather i.e. strong winds to check for fallen branches or trees.	LOW	LOW
Injury from bike due to poorly maintained equipment or inexperience in mountain biking.	Centre equipment to be regularly checked and maintained. Each bike provided by Avon Tyrrell will receive a check before the session or rental and inspected regularly. Instructors will have basic tools to carry out on route maintenance such as punctures and minor issues. For participants using their own bike do so at the discretion of the instructor, the responsibility for the bike lies ultimately with the participant. Instructor to assess level of participants experience and give help accordingly. Variety of routes available – Blue- beginner and red for riders that have shown good control	LOW	LOW
Vehicle Related Injuries from neighbouring vehicle track and main driveway	Co-operation in group control by group leaders. Speed restrictions enforced. Good instructor awareness.	LOW	LOW
Projectiles in air caused by nearby archery range (1).	Use of nets surrounding archery range Clearly displayed signs to warn of archery in progress. Verbal warning to participants. Bike tracks do not go into the overshoot area.	LOW	LOW
Participants becoming lost while using bike tracks	Clear instructions to be given Clear communication between participants and instructor. Use of signs to indicate direction of track. Regular head counts Instructor in point of most usefulness.	LOW	LOW
Human error – groups not listening to briefings and taking in vital information. Language barriers with non-English	All instructors running sessions to be qualified Full co-operation from group leaders in group control and discipline. Translators required and to be provided by group for non-English or limited English speakers.	LOW	LOW

speaking groups. Groups with limited mental capacity not understanding instructions.	All additional controls are dependent on group types and are mainly the group's responsibilities. All to be agreed at time of booking and on arrival at the centre.		
Falling off Bridge over lake run off	The bridge is sturdy and strong with barriers preventing either bike or rider coming off. There is an alternative route to going over the bridge by going through the ditch to the side if required.	LOW	LOW
Coming across animals such as horses, pony and cows.	Groups will pass slowly, giving plenty of room for the animal to move away.	LOW	LOW
Having an accident involving other road users through poor group control	Cycle groups will be organised to travel in a single file manner whilst on the road. Groups will ride to the left and keep close together to travel as one block. The instructor will be positioned at the rear of the group and will communicate messages forwards about any vehicles that are overtaking.	LOW	LOW
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	LOW	LOW
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	MEDIUM	LOW
Falling off the north shore activity resulting in impact injuries	The north shore area is not to be used with instructed groups.	LOW	LOW

Reference to other manuals assessments:

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

When was the assessment reviewed and by whom?

November 2018 Chief Instructor

Date of next review and to be done by whom?

November 2019 Chief Instructor