



Generic Risk Assessment: MOUNTAIN BIKING

Date: 14/01/2020

Where Hazards have been identified as Generic to all activities the controls are specified within the Generic Delivery Standards

Where Hazards have been identified as Generic to all Land activities the controls are specified within the Generic Land Risk assessment

Hazards (please specify)	Existing Control Measures (please specify if present)	Residual Risk Level (Insert values and multiple score : see key)		
		Low	Med	High
Condition of bikes Injuries through bike malfunction	Safety checks and maintenance to be carried out by qualified staff. All bikes to be assessed 'fit for use' before released on sessions. Pre session bike checks to be carried out as per training.	3x1 = 3		
Traffic, other riders, other people	Always adhere to cycle route. If going against it then walk. Instructors ongoing dynamic risk assessment inc. approaching hazards. Adhere to trained routes/procedures. When off site instructors must wear a high visibility vest.	5x1 = 4		
Falling off bike: Misuse of equipment/ loss of control / difficult terrain / collisions	Cycle test is carried out as part of the session, guest must pass to go on ride. Ongoing Dynamic risk assessment of guests by instructors with appropriate group management in response. Instructor deliver skills games session as per approved system.	3x1 = 3		
Over exertion: Taking part in the activity.	A warm up either prior to the session or as part of cycle test, must be carried out and instructors must be satisfied that participants are of an adequate fitness level. This must be monitored throughout the session.	2x1 = 2		

(Key: 1-7 = Low Risk; 8-15 = Medium Risk; 16-25 = High Risk)

Endorsed by: Chris Traill, Director
14/01/2020