

Activity: Mountain Biking



Hazard	Risk level			Control Measure	Other Measures
	L	M	H		
Staff Qualifications	●			Mountain Bike Leader	Copy of all qualification and are kept in the office.
Activity base.	●			Roads, low-level hills and mountainous areas	Site specific training.
Extreme weather.	●			Weather checked daily. Alternative activity offered in the event of very severe conditions.	Staff monitors the weather.
Safety equipment. Helmets	●			All wear CEN approved helmets. Instructors ensure that all safety equipment is fitted correctly	All equipment is checked before use and bi-annually and records kept in the office.
Heat exhaustion and heatstroke		●		On warm and hot days, customers are advised to apply sun cream and to carry plenty of water for the day, plenty of water breaks taken in the shade.	Clothing is checked before the start sun cream and plenty of water taken. Instructors monitor the group throughout the session.
Hypothermia.		●		Customers are advised to have suitable warm clothing for the day and water proofs.	Clothing is checked, All staff carry spare warm clothing, hat and gloves and group shelter. Instructors monitor the group throughout the session.
Trips, slips & falls	●			Loose clothing tucked away especially near gears and cogs. Customers are advised to wear suitable footwear no open toe shoes. Wet conditions can lead for skidding and falling off the bike,	Instructors control the speed on downhill sections and lead from the front.
Crashes.		●		Main roads and country lane are ridden in single file. Bikers encouraged to ride with plenty of space between bikes.	Instructors lead from the front on downhill sections. Strict supervision and communication between bikers.
Getting lost.	●			Routes appropriate to client's ability. Strict group control with regular head counts and stopping points. Route plan left at centre. Map carried	Good group control and knowledge of the route.

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Low light/visibility	•			If very low visibility then lights and reflectors are worn by the front and back person when on roads.	Strict group control with regular head counts and stopping points
Bikes	•			Pr-session checks are carried out on all bikes before the session.	Bikes are maintained after each session.
Equipment in inexperienced hands.	•			All person taking part in biking must be able to ride a bike Bikes are sized to the height of the person and ability. Training given on breaking and gears, sitting position on uphill and down hills before the start of the session	Instructors give a brief on correct use of the bike, such as breaks and sitting positions
Sheep and other wildlife	•			Customers are advised that extra care is taken as sheep can run in front of them whilst biking on the hills.	Monitored by instructors and appropriate action taken if needed.
Horses	•			All bikers stop and lay the bikes down when pony or horse riders are passing.	Monitored by instructors and appropriate action taken if needed.
Injury to Clients or Staff	•			All staff are first aid trained and carry first aid	All staff are qualified and have a minimum of 8 hours all staff carry mobile phone.