

FAIRPLAY OUTDOOR EDUCATION CENTRE RISK ASSESSMENT

MOUNTAIN BIKING

HAZARD	AT RISK	DEGREE OF RISK	ACTION TO CONTROL RISK	COMMENTS
POOR EQUIPMENT	INSTRUCTOR CLIENT HIRE OUTSIDE USER/ GENERAL PUBLIC	LOW	<ul style="list-style-type: none"> • Pre-event maintenance check by instructors (especially of brakes, wheel security, headset, saddle, gears) • Full briefing on correct use of bike. • M check carried out by Instructor/group member. 	
LOSS OF CONTROL	INSTRUCTOR CLIENT HIRE OUTSIDE USER GENERAL PUBLIC	MEDIUM	<ul style="list-style-type: none"> • Pre-briefing on use of controls/self discipline, safe spacing. • Re-brief on approaching hazards - steep/rough ground etc. • Explain attack position when descending steep hills. • Briefing on giving way to pedestrians, vehicles and horses. • Helmet (correct size/properly fitted) and gloves to be worn • Before group members may ride the outside mountain bike course the instructor must: • Demonstrate the course, hazards and methods of riding • Assess the group member as being competent to ride the course solo 	

HYPOTHERMIA/ EXHAUSTION	INSTRUCTOR CLIENT	MEDIUM	<ul style="list-style-type: none"> • Set route within group's capability. • Change route/use 'escape routes' if ability of party members or weather so dictate (Pre-ride weather check to be made). • Ensure appropriate clothing being worn and/or carried. • Ensure sufficient food/drink being carried by participants. • First Aid kit, spare warm clothing, tools, spare parts, mobile phones to be carried by Instructors. • Instructors to continually monitor health/fitness of members. • Pace to be set by slowest/least fit rider • Session Leader to check for pre-existing medical problems. Instructor First Aid qualified. 	
FALLING OFF/COLLISION	INSTRUCTOR CLIENT HIRE OUTSIDE USER GENERAL PUBLIC	HIGH	<ul style="list-style-type: none"> • Pre-ride briefing re need for awareness of other cyclists, pedestrians, vehicles (farm vehicles), horses, public. • Maintain group discipline and integrity - with single file riding (especially orderly on roads). • Helmet (properly secured) and gloves to be worn at all times. • Continually monitor riding skills and alter route if appropriate. • Qualified First Aider included in the instructor team. • During ride, re-brief participants prior to reaching hazards. • Route specific risk assessment to have been completed. 	

GROUP LOST/SPLIT UP	INSTRUCTOR CLIENT	LOW	<ul style="list-style-type: none"> • Instructors and additional staff members to keep in regular contact. • Frequent stops to maintain group integrity • Session Leader to constantly monitor number in party. • Leave details of route/finish time with responsible person. 	
RIDING WITHOUT A CENTRE MEMBER OF STAFF (i.e. Not Hire)	CLIENT GENERAL PUBLIC OUTSIDE USER	MEDIUM HIGH	<ul style="list-style-type: none"> • Responsible Adult to accompany the group. • All groups to be in radio contact with the instructor, centre member of staff running that activity. • Previous local excursion has been experienced; part of which includes a safety brief and relevant parts of the Highway Code. • Details of route will be left with main office. 	
LEARNING TO RIDE	INSTRUCTOR CLIENT	MEDIUM	<ul style="list-style-type: none"> • Area selected should be large enough for cyclists to easily avoid one another. 	
RIDING WITHOUT A CENTRE MEMBER OF STAFF (With the Hire Facility)	OUTSIDE USER	MEDIUM HIGH	<ul style="list-style-type: none"> • Any person hiring the centre's bikes are responsible for their own and third party safety and liability. 	

Last reviewed: 15 September 2021

By: SM/PO

Next Review: September 2022