

GENERAL HEALTH & SAFETY RISK ASSESSMENT FOR:

Off Site Mountain Biking

PART 1 : ADMINISTRATIVE DETAILS

Section/Establishment Name: Lea Green Learning & Development Centre

Date of Assessment	02/02/21	Date of Issue	02 February 2021
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Assessment carried out by

GN

Signature

Reviews				
Review Date	Reviewed by	Date	Changes Made	
			Y	N
Nov/Dev/21	IW,GN,PV,DH	10/11/21	Y	
Nov 22	GN	17/01/23		
Dec 2024	IW GN	4/12/24	Y	
16/12/25	IW/PV/DH	16/12/25	Y	

Affected persons: Young People/Clients Staff Visitors Contractor Others (specify)

Name of Manager confirming and agreeing Assessment:

DHA

Signature:

The following sections should be completed by all staff who need to be made aware of and abide by the findings of the Risk Assessment. NB: If, as a result of a review, changes are made to the Risk Assessment the relevant box on the attached page should be completed as appropriate by the staff concerned.

RISK ASSESSMENT

What are the hazards?	Generic Control Measures implemented	✓ X	Person to implement	Additional Control measures needed to reduce risk to an acceptable level	Person to implement	Date to be actioned
Safety and Competency Injury due to falling from bike and collisions due to loss of control of the bike.	<p>Instructors must hold the relevant NGB award. They must be aware and comply to centre operating procedures & emergency procedures.</p> <p>Helmet fitted correctly and worn. Gloves worn. Appropriate clothing and footwear. Laces and trousers tucked away to avoid catching in chainring. Ensure cycle is the correct size. Ensure all cyclists are competent to use the bike – participant ability assessed in a controlled environment. Induction in bike control. Briefing on sensible speed. Use of brakes coached and practised by participants Participants are briefed as to nature of the next section Loose surface, specific difficulties etc Hazardous sections of trail managed by instructor. Sections pre - walked and appropriate instruction and supervised practice given. If participant not competent for a certain section, they should dismount and walk. Ground conditions and terrain hazards assessed in wet/icy conditions. Instructor must be a qualified first aider and carry a first aid kit plus a mobile phone. Participants coached in correct use of gears.</p>			<p>Recognised MTB leader qualification with ML or HML depending on route Emergency contacts and procedures carried. Regular refreshers and monitoring All near misses and or accidents are recorded and reported. Safety Culture of openness and sharing is fostered. All Helmets must be replaced as per manufacturers recommendations usually 3-5 years</p>		
Collisions with other trail users.	<p>Group briefed on appropriate spacing between cyclists. Briefing on safe places to wait. Briefed about other users; horses, walkers and off-road vehicles Briefed on riding through tunnels e.g. Monsal Dale</p>			<p>Consider dismounting for horse and rider if trail is narrow Lights on first bike and last bike in longer tunnels, briefed on keeping larger distance between bikes to avoid riding into the back of the bike in front</p>		
Injury due to unsafe bike	<p>Obtain cycles from a reputable supplier/hire company and ensure they are maintained appropriately. Bike safety check e.g. 'M' check completed before riding. Check brakes, wheels, saddle, pedals and cranks.</p>					

Collisions with traffic	<p>Ensure correct sized bike is used.</p> <p>If public highways are to be used, even for short stretches, high visibility vests/rucksack covers should be used.</p> <p>Only quiet roads should be used.</p> <p>Riders should be in single file</p> <p>All crossings of public highways to be under the control of staff.</p> <p>When re-grouping cyclists to wait off the road.</p>		<p>Routes pre ridden by instructors</p>		
Inappropriate terrain/Steep descents	<p>Local knowledge of route to be sought prior to setting off. Route to be appropriate to age and ability of group. For more technical routes they should be ridden by group leader prior to trip.</p> <p>Supervision levels to be appropriate to the size and competence of group and dangers associated with the group.</p> <p>Steep descents to be strictly controlled by staff and pupils/staff should dismount if necessary.</p>		<p>Technical Routes pre ridden by instructors</p>		
Adverse weather conditions	<p>Cyclists should wear appropriate clothing to suit conditions. Route to be adapted if necessary.</p> <p>No cycling to be carried out in the hours of darkness.</p>		<p>Weather forecast to be assessed</p> <p>Extra clothing, sun cream etc to be carried when necessary. Bivvi shelter to be carried if necessary</p>		
Separation from group	<p>Regular headcounts of group made</p> <p>Regular regrouping points identified and communicated to group</p> <p>Participants briefed on action to take if separated from group</p>				
Illness	<p>Information about existing medical conditions known by staff.</p> <p>Parental consent & medical form</p>		<p>Check medication that may need to be accessed immediately is carried on the activity e.g. inhaler/Adrenalin auto-injector</p>		