

**DERBYSHIRE COUNTY COUNCIL
MANAGEMENT OF HEALTH & SAFETY AT WORK REGULATIONS
CHILDREN & YOUNGER ADULTS (CAYA)**



GENERAL HEALTH & SAFETY RISK ASSESSMENT FOR:

Off Site Mountain Biking

PART 1 : ADMINISTRATIVE DETAILS

Section/Establishment Name: White Hall Outdoor Education Centre			
Date of Assessment		Date of Issue	
Assessment carried out by	D Hawkins P Bell	Signature	

Reviews				
Review Date	Reviewed by	Date	Changes Made	
			Y	N

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

Name of Manager confirming and agreeing Assessment:	Darran Hawkins
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
<p>Injury due to falling from bike and collisions due to loss of control of the bike.</p> <p>Collisions with other trail users.</p> <p>Injury due to unsafe bike</p>	<p>Helmet fitted correctly and worn. Gloves worn. Appropriate clothing and footwear. Laces on R foot and trousers tucked away to avoid catching in chainring. Ensure cycle is the correct size.</p> <p>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</p> <p>Hazardous sections of trail managed by instructor. Sections pre - walked and appropriate instruction and supervised practise given. If participant not competent for a certain section they should dismount and walk.</p> <p>Ground conditions and terrain hazards assessed in wet/icy conditions.</p> <p>Instructor must be a qualified first aider and a first aid kit must be carried. Group members should all carry a drink and snack item.</p> <p>Group briefed on appropriate gap between cyclists. Briefing on safe places to wait.</p> <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. Ensure correct sized bike is used.</p>	<p>✓</p>	<p>Person to implement</p>	<p>Instructor ML or HML with MTB White Hall local accreditation or MTB nationally recognised leader qualification</p>	<p>Person to implement</p>	<p>Date to be actioned</p>

<p>Collisions with traffic</p>	<p>If public highways are to be used, even for short stretches, high visibility vests/rucksack covers should be used. Only quiet roads should be used. Riders should be in single file 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>		
<p>Inappropriate terrain/Steep descents</p>	<p>Local knowledge of route to be sought prior to setting off. Route to be appropriate to age and ability of group. Route 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. Steep descents to be strictly controlled by staff and pupils/staff should dismount if necessary.</p>			<p>Routes pre ridden by instructors</p>		
<p>Adverse weather conditions</p>	<p>Cyclists should wear appropriate clothing to suit conditions. Route to be adapted if necessary. No cycling to be carried out in the hours of darkness.</p>			<p>Weather forecast to be assessed Extra clothing, sun cream etc to be carried when necessary. Bivvi shelter to be carried if necessary</p>		
<p>Equipment failure</p>	<p>Bikes regularly maintained. All bikes have a pre- ride safety check done by participant and led by instructor.. e.g. 'M' check. Check brakes, wheels, saddle, handlebars Faulty bikes clearly labelled and removed from service. Participants coached in correct use of gears. Appropriate cycle tools including puncture repair kit, spare inner tubes, tyre levers and set of allen keys to be carried.</p>					