

# 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><b>Competency</b></p> <p><b>Falling from bike and collisions due to loss of control of the bike</b></p> <p><b>Collisions with other trail users</b></p> <p><b>Dips, slopes and corners/berms</b></p> <p><b>Rocky steps</b></p> <p><b>Equipment failure</b></p>	<p>Instructors must hold the relevant NGB award or been through the internal sign off process - site specific. They must be aware and comply to centre operating procedures &amp; emergency procedures.</p> <p>Helmet fitted correctly (see OP) and worn. Gloves worn. Appropriate clothing and footwear. Laces on R foot and trousers tucked away to avoid them catching in chain rings/ wearing of gaiter. Ensure cycle is correct size. Ensure all cyclists are competent to use the bike - participant ability assessed in a controlled environment. Instruction in bike control. Use of brakes coached and practised by participants 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. Ground conditions and terrain hazards assessed in wet/icy conditions.</p> <p>Group briefed on appropriate gap between cyclists. One way system to be followed.</p> <p>Appropriate coaching and supervised practise. Unless participants demonstrate a competent, safe descending style participants to wait at top of hill at pinch point boulders.</p> <p>Appropriate coaching and supervised practise.</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.</p>	✓		<p>Regular training and monitoring All near misses and or accidents are recorded and reported. Safety Culture of openness and sharing is fostered.</p> <p>Groups to wait in 'collecting' area and not on road. Group briefed about stopping points (pinch points created by placed boulders) at road crossing and prior to descent.</p> <p>Signage in place</p> <p>Ensure group are aware of easy alternative</p>		

<p><b>Low branches/bushes</b> <b>Debris etc on track</b></p> <p><b>Traffic on drive and car park</b></p> <p><b>Illness</b></p>	<p>Regular check and clearing of undergrowth. Instructor to check track is clear.</p> <p>Groups to walk to start of track and collect in waiting area off the drive. Instructions to stop when participants get to pinch point boulders at end of each track.</p> <p>Information about existing medical conditions known by staff. Parental consent &amp; medical forms</p>			<p>Pump track not to be used when crate stack is in use</p> <p>Walk to track/front lawn past student entrance rather than round front of building to avoid blind bend</p> <p>Check medication that may need to be accessed immediately is carried on the activity e.g. inhaler/Epi-pen</p>		
--	---	--	--	--	--	--