

# RISK ASSESSMENT: Mountain Biking

Completed by: Activities Management Team

Date: 15/12/2024

Review Date: 15/12/2025



What is the Hazard?	Who may be harmed?	How might people be harmed?	Risk Rating			Control Measures in Place	Remaining Risk		
			Probability	Severity	Risk		Probability	Severity	Risk
<b>Slips, Trips and Falls</b>	All	Cuts, bruises and lacerations	3	2	6	<ul style="list-style-type: none"> <li>All equipment not being used is put away neatly in the store.</li> <li>All participants are instructed to wear appropriate footwear.</li> <li>Participants warned about potential trip hazards.</li> <li>Bikes stored neatly in the racks.</li> </ul>	1	2	2
<b>Exposure/ Hypothermia and Sunburn</b>	All	Sunburn, heatstroke	2	2	4	<ul style="list-style-type: none"> <li>Participants urged to make sure they have suitable clothing prior to the activity.</li> <li>Group advised to drink plenty of water.</li> <li>Sun cream applied when needed.</li> </ul>	1	2	2
<b>Group Behaviour</b>	All	Cuts, bruises and lacerations	3	3	9	<ul style="list-style-type: none"> <li>Group leaders are to ensure that the group is under control at all times.</li> </ul>	1	3	3
<b>Unauthorized Access</b>	All	Injury due to no supervision	4	4	16	<ul style="list-style-type: none"> <li>Signage to warn no unauthorised access.</li> <li>Signage to direct groups to reception for safety briefing before bikes are handed over.</li> </ul>	2	4	8
<b>Lost Group Member(s)</b>	All	Injury due to no supervision	3	4	12	<ul style="list-style-type: none"> <li>Group leader in charge.</li> <li>Group leaders are to perform regular head counts and have responsible persons at the front and tail of the group.</li> <li>Maps are available from reception for Group Leaders to have.</li> </ul>	2	4	8
<b>Insects and Plants</b>	All	Bites and stings	3	3	9	<ul style="list-style-type: none"> <li>Group to wear appropriate clothing (e.g. trousers).</li> <li>Group leaders to be aware of existing medical conditions.</li> <li>Group to take First Aid Kit.</li> </ul>	2	3	6
<b>Contact with Other Road or Track Users</b>	All	Injury to self and others, collision	4	5	20	<ul style="list-style-type: none"> <li>Group leader is to remain in control of the group during crossing roads, ensuring that it's done in a safe manner. Where possible road walking to be kept to a minimum.</li> <li>Group to use only designated cycle tracks and/or roadways where possible.</li> <li>All participants to wear High Visibility jackets during the activity.</li> <li>When passing horses, slow down and keep noise to a minimum.</li> <li>Group to carry cycle repair kit.</li> </ul>	2	5	10

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<b>Rider Falling off Bike</b>	All	Cuts, bruises and lacerations	3	4	12	<ul style="list-style-type: none"> <li>Brief group before their departure from site about how to use the bike and where to ride.</li> <li>All participants to watch and understand the mountain biking safety video.</li> <li>Group to have a first aid kit with them and mobile phone for more serious injuries.</li> <li>Advise group to ride within their capabilities.</li> <li>Helmets are to be worn by all parties using a bike.</li> </ul>	2	4	8
<b>Equipment malfunction</b>	All	Injury to self and others, collision	3	4	12	<ul style="list-style-type: none"> <li>All hire equipment is checked daily by the cycle hire company.</li> <li>Any faulty equipment found is recorded and then repaired or replaced.</li> </ul>	1	4	4
<b>Clothing Malfunction</b>	All	Clothing getting caught in moving parts	3	3	9	<ul style="list-style-type: none"> <li>Group briefed regarding dangers of loose clothing</li> <li>Group briefed to not wear clothing around their waist and laces are to be tied at all times.</li> <li>Elastic bands provided to hold in loose legwear where required.</li> </ul>	1	3	3
<b>Reaction from Stings/Bites</b>	All	Allergic reaction to sting or bite, anaphylactic shock.	3	5	12	<ul style="list-style-type: none"> <li>Any relevant medication to be carried during the activity.</li> <li>Group leaders to be aware of existing medical conditions.</li> <li>Wasps/wasp nests to be avoided where possible and participants warned.</li> </ul>	2	5	10

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Level	Likelihood Factor	Severity Description
1	Very Unlikely	Insignificant – No injury or No First Aid required.
2	Unlikely	Minor – Minor injuries requiring first aid such as cuts, grazes, bruising.
3	Fairly Likely	Moderate – Injuries resulting in up to three days' absence from work.
4	Likely	Major – Injuries resulting in a week or more absence from work, for example broken bones, deep cut etc.
5	Very Likely	Catastrophic – Amputations or Death.

Remaining Risk Level	Description
1-5	Very low, minimal risk, control measures more than adequate
5-10	Low, control measures satisfactory
10-15	Medium, control measures adequate
15-20	High, control measures need further consideration
20-25	Very high, intolerable, stop Job