

# Risk Assessment – Mountain Biking

Updated - 14.02.18

<b>Required Instructor Competence</b>	<ul style="list-style-type: none"> <li>● UKMBLA Trail Leader / MIAS Level 1 or above</li> <li>● First Aid Certificate</li> </ul>
<b>Ratios</b>	<ul style="list-style-type: none"> <li>● <u>  </u> 1:8</li> <li>● <u>  </u> Ratios must be reduced to meet the needs of participants where appropriate - e.g. behavioural issues.</li> </ul>

<b>Identified Hazards</b>	<b>Who is at risk?</b>	<b>Example Causes</b>	<b>Control Measures</b>
<b>Personal Injury</b> E.g. Slips, Cuts, Head Injuries, strained backs	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>● Falling off bike caused by:</li> <li>● Poor balance</li> <li>● Wet surface</li> <li>● Steep descents</li> <li>● Loose surface</li> <li>● Vehicles</li> <li>● Too close to the person in front</li> <li>● Equipment Failure</li> <li>● Too much speed</li> </ul>	<ul style="list-style-type: none"> <li>● <u>  </u> Participants <b>must</b> wear bicycle helmets</li> <li>● <u>  </u> Instructor to provide health and safety briefing(s) and leadership to prevent injuries in accordance with their NGB qualifications.</li> <li>● <u>  </u> Instructor to consider group competence when selecting route.</li> <li>● <u>  </u> Instructor may do a competence test before riding from the start point.</li> <li>● <u>  </u> When cycling on roads, extra care should be taken and the highway code should be followed.</li> <li>● <u>  </u> Instructor must ensure all bikes are safe, checked in accordance with NGB qualifications before participants ride.</li> <li>● <u>  </u> Instructor to carry first aid kit.</li> </ul>
<b>Difficulty controlling body temperature</b> (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>● Cold, wet days.</li> <li>● Hot, sunny day.</li> <li>● Long rides</li> <li>● Inappropriate clothing</li> </ul>	<ul style="list-style-type: none"> <li>● Appropriate clothing / equipment to be worn / carried.</li> <li>● Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc.</li> <li>● Stops for food and drink should be made at</li> </ul>

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			<p>least every hour of activity.</p> <ul style="list-style-type: none"> <li>• Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.</li> </ul>
<b>Bike Failure</b>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Brake pads worn</li> <li>• Derailleur snapped</li> <li>• Punctures</li> <li>• Pedal snapped</li> </ul>	<ul style="list-style-type: none"> <li>• Full bike check to occur prior to session.</li> <li>• Instructor/group must carry a repair kit appropriate to the level/length of ride.</li> </ul>

**N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment**