

Basic Risk Assessment		Mountain biking		Ref No. - 07	
Internal assessor:	Juan Fco. Redondo Sanchez	Potential injuries, damage, etc:	Falls, Cuts, bruises, fractures, head injuries.	Date of issue:	March 2009
				Planned review date:	March 2010
Hazards.		Persons exposed to the hazard.	Existing control measures.		
Danger from other road/path users or dangerous behaviour on roads resulting in road traffic collision and related injuries.		Group Leaders /instructional staff. Teachers. Students.	<ol style="list-style-type: none"> <li>1. Basic road safety instruction to be given where appropriate.</li> <li>2. All participants to wear protective helmets and reflective jackets.</li> <li>3. Daytime cycling only. Cycling during adverse weather conditions is forbidden.</li> <li>4. Instructional staff and assisting teacher to sandwich group and maintain control.</li> <li>5. Instructional staff should also ensure that participants are wearing appropriate clothing that does not dangle into the tyres.</li> </ol>		
Mechanical failure of bikes. Resulting in crash related injuries.		Group Leaders /instructional staff. Teachers. Students.	<ol style="list-style-type: none"> <li>1. All bicycles to be checked once a month. Any damaged bikes found during these checks or on session are to be placed out of system until they are repaired.</li> <li>2. Instructional staff to check each bicycle before handing them to a client.</li> </ol>		
Fall from cycle causing broken bones, cuts or head injuries.		Group Leaders /instructional staff. Teachers. Students.	<ol style="list-style-type: none"> <li>1. Correct size of bicycle to be issued.</li> <li>2. Briefing given to participants on use of brakes and gears.</li> <li>3. Instructional staff to carry water, 1<sup>st</sup> aid kit and mobile phone.</li> </ol>		
Greater possibility of falling off bicycles and injury due to rough ground, steeper gradients of hill and slippery deep mud.		Group Leaders /instructional staff. Teachers. Students.	<ol style="list-style-type: none"> <li>1. Instructional staff to assist and support where necessary.</li> <li>2. Appropriate activity to take place for the level of competence of all participants.</li> <li>3. Instructional staff to asses ability of the group and use appropriate paths.</li> </ol>		
Lost group member.		Group Leaders /instructional staff. Teachers. Students.	<ol style="list-style-type: none"> <li>1. Instructors to maintain adequate pace with the weaker members at the front of the group. Instructor to stop frequently and do a head count. If possible assisting school teacher to be at the back of the group.</li> </ol>		