

MOUNTAIN BIKING



Date of Assessment 01.03.11

	Casual factors, hazards, dangers	Risk management strategies, normal operation.	Site Specifics
People	Overestimate of ability causing difficulty on tracks.	Identify phobias, illnesses and injuries before ride. Give out and check personnel detail and medical forms. Instructors do test ability through warm up games and teach use of gears and brakes. Then make appropriate choice of route to suit group.	This space is to be completed on the day of the activity, identifying any specific dangers, changes since the last visit and/or difficulties/risks that will need to be assessed before, during and after the session.
	No experience in riding bikes.	Instructors ask questions on ability, experience etc. before activity. Provide appropriate instruction when necessary.	
	Fall from bike or accident.	All instructors are first aid qualified. Safety brief to be given on road riding, trail riding etc.	
	Accident involving car/other bikes. Head injury.	All instructors are first aid qualified. Safety brief to be given on road riding, trail riding. Emergency exits identified along planned route prior to ride. Helmets always worn at all times whilst riding.	
	Going too fast.	Instructors explain within brief the consequences of riding fast, to individuals and groups, i.e. lack of control. Keep pace to that of the lower ability participant.	

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Equipment	Poor head protection.	Ensure correct fittings of helmets. First aid kits carried at all times. Helmets always worn. Instructors will carry out personal detail checks before each ride. Safety check of all helmets before and after each ride.	
	Damaged equipment provided by Freax, broken bikes: i.e. gears not changing, brakes failing, seat post in wrong position.	All bikes checked and logged on a regular basis. Bikes also checked and logged before and after each ride. Instructors will give safety brief before each ride and show groups how to use brakes and gears etc.	
	Punctures and flat tyres.	All Freax instructors carry spare parts and adequate spare equipment needed.	
	Damaged or inadequate personal equipment brought by participants.	Only specialised equipment that belongs to Freax to be used unless a full inspection has been carried out by an experienced instructor and the history of the equipment is known; and that it confirms to British standards.	
Environment	Good/Bad Weather conditions.	Groups to be briefed on safety. All clothing to be checked by staff and spare clothing will be carried by Freax staff. Get weather report before each ride. Kit list provided prior to activity. Ensure fluid is taken and instructor to carry spare water. Frequent breaks to match the group's capacity.	
	Rain fall causing road/trail to be wet, sharp objects on route.	Instructors have quick exit plans incase of an emergency. Discussions on safe & controlled riding before and during the ride.	
	Other road, trail users.	Discussion at beginning of activity to explain the country code and to be aware of other riders and other vehicles.	