

Waddow Hall - Risk Assessment (page 1)

Activity: Mountain Biking

Date: January 2009

Review carried out by: Cameron Downing (SAI) and Bev Whiteside (Y&AM)

Activity	Hazard / Danger	Severity: High Medium Low	Likelihood : Very Likely Fairly Likely Possible Unlikely Very Unlikely	Control measures	Risk assessment after Control measures: High Medium Low	Review date
Bikes need to be the correct size for riders and in good working order	Danger of falling or poor posture/ seating and injury	Medium	Possible	Bikes 6 monthly checked and repaired at earliest opportunity. Participants should be able to touch ground with tip-toes or both feet when seated.	Low	Jan 2010
Lifting bikes to/from hangers	Danger of injury to instructor	High	Unlikely	Back straight, lift on and off.	Low	Jan 2010
Helmets worn incorrectly/ ill-fitting	Head injury or strangulation	High	Unlikely	Helmets adjusted individually and checked by instructor before session commences	Low	Jan 2010
Practice runs outside Activity Base, traffic area	Traffic accident / collision with other cyclists	High	Unlikely	Supervised by Adult leader.	Low	Jan 2010
Bike lane narrow curb and traffic restrictions	Traffic and pedestrians collisions	Medium	Possible	Instructor stops group when meeting traffic. Space between cycles.	Low	Jan 2010
Bike falling through cattle grid slats	Injury	Medium	Possible	No stopping on cattle grid rule. Open gate next to grid and offer option. .	Low	Jan 2010

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Estate roads and tracks cycling and cross-roads, danger of other traffic	Injury to cyclist or pedestrians	High	Possible	Group briefed to move to left hand side, stop and dismount when meeting traffic. Slow down and move away when meeting pedestrians	Low	Jan 2009
Campsite track loose rubble	Injury	Medium	Possible	Keep to grass, left side of road. Group warned for nature and advised cycle in lower gear. Dismount if uncomfortable.	Low	Jan 2009
Drive from Horseshoe campsite down grass slope is slippery	Fall	Medium	Possible	Assess before challenge, instructor demonstrates and stands half way down in danger zone and signal participants down one at a time. Encouraged to brake not peddle.	Low	Jan 2009
Camp toilet block area of course has sharp turns and vehicles	Fall, injury from passing vehicles	High	Possible	10 second delay between riders, only attempt if previous challenges successful. Instructor stops pedestrians. Emphasis on brakes.	Low	Jan 2009
Skills Course	Falls and injury from obstacles, skids	High	Possible	Instructor to walk participants around the skills course and explain each element. Not compulsory for participants to undertake all skills elements. Participants not comfortable with an element encouraged to ride around.	Low	Jan 2009
Personal safety whilst on a bike	Injury to head	High	Possible	Anyone riding a bike; including participants, staff, group leaders, must wear helmet correctly whilst the session is in progress	Low	Jan 2009