



Name of activity	Mountain Biking		Reference number						
Location of activity	Grizedale		Ratio for activity			2: 12 or 1:6			
Level of qualification needed to lead	British cycling mountain bike leader level 2 or equivalent								
Level of qualification needed to second	British cycling mountain bike leader level 2 or equivalent								
This document must be read in conjunction with	Mountain bike standard operating procedures								
Key: L – Likelihood, S – Severity, R – Risk			Risk Score 1- 2 = Low 3- 4 = Medium 5- 6 = High						
Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Falling off bike	Injury from impact	All riders, Cuts, bruises, fractures, death	2	3	5	Riders to wear a suitable , well fitted helmet, and gloves. Leaders to carry first aid kit, mobile phone, Map, group shelter.	1	3	4
Falling off bike	Injury from impact - loss of control	All riders, Cuts, bruises, fractures, death	2	3	5	Leader to check the ability of the group and select a suitable route for the group Leader to ensure that all riders can control speed, stop, and use brakes as a minimum	1	3	4



Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Impact with other riders / trail users	Injury from impact	All riders, and other trail users. Cuts, bruises, fractures, death	2	3	5	Riders to be briefed on appropriate spacing when riding, Leader to ensure the group stops in appropriate positions on the trail.	1	3	4
Inappropriate clothing	Loss of control, clothing becoming stuck in the bike.	All riders cuts, bruises, fractures, death.	2	2	4	Closed toe, flat soled shoes to be worn, any baggy clothing to be secured, ie trouser hem's	1	2	3
Traffic Accident	Injury	All riders / road users	2	3	5	Road sections to be kept to a minimum, Group briefed on road use, leader to lead in an appropriate style for the group / road	1	3	4
Mechanical breakdown / failure	Loss of control of bike	Collision with the ground, unable to continue session.	2	3	5	Bikes well maintained by hire company, leaders to ensure bikes are in suitable condition prior to the ride. Leaders to carry suitable repair kit for the planned activity	1	3	4



Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Cold / Hypothermia	Loss of focus / control of bike/ illness, death	All riders, hyperthermia. Collision with the ground,	2	3	5	Riders to wear suitable clothing for the weather, Leader to carry group shelter	1	3	4
Dehydration	Loss of focus / control of bike/ illness, death	All riders, Collision with the ground,	2	3	5	Riders to wear appropriate clothing for the conditions, grope to have access to water, leader to have options to shorted route	1	3	4
Lost student	Distress / untreated Injury from fall.	Physical & psychological trauma	2	2	4	Clear instructions to be given to the group, re-group at appropriate intervals. Escalate via Centre (Activity Management Procedures)	1	2	3
Navigational error	Late Back	Group tired / missing transport	2	1	3	Leaders to follow centre off site procedure and sign out / in on white board. Leaders to carry / be able to use a map, Leaders to know the local area.	1	1	2
Written by: Ian Adey			Date August 2016			Signature Ian Adey			
Reviewed by: Mike Margeson			Date January 2017			Signature Mike Margeson			
Reviewed By: Mike Margeson			Date December 2018			Signature Mike Margeson			



National Centre, Lakeside

Activity Risk Assessment – Mountain Biking

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