

## CYCLE SPORTS RISK ASSESSMENT

### Benefit statement

Cycling is a great way to engage people in a healthy activity that is easily undertaken. Mountain biking on rough terrain often adds a new and exciting dimension.

### Introductory statement

For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session. Events will be led by a suitably experienced group leader who has undergone training and an assessment by an existing Cycle Sports Leader and / or holds a nationally recognised qualification in cycle sports. Mountain bike leaders should hold a first aid certificate. Clear briefings & supervision is given throughout the activity. All participants are asked to share relevant previous & existing medical issues prior to being able to register for the activity. Leader to group ratio amended as required. All accidents and incidents are recorded and appropriate action undertaken as required.

<b><u>CYCLING</u></b>			
<b>Hazards arising from activity</b>		<b>Control measure(s) in place to reduce risk from each hazard</b>	<b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b>
GENERAL	Slips / falls Collisions Head injury Eye injury Lost group / group members	<p>Organisers choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available.</p> <p>Group members wear or carry clothing appropriate for the specific activity and venue.</p> <p>Group members advised to wear safety helmets as best practice, which meet the appropriate specifications.</p> <p>Group members are briefed on hazards specific to the area being used and are instructed in the skills and techniques needed to avoid them / deal with them.</p> <p>The Organiser and the group carry safety equipment appropriate for the specific activity and venue.</p> <p>Group is briefed prior to the activity about the route to be taken and the need to regroup at specific points.</p>	
KIT	Equipment Failure	Unless everyone is using hired bikes, organisers carry a repair kit suitable for the activity.	



		<p>Organisers visually check equipment at time of issue. If group members are using their own equipment the Organiser will ensure it is suitable for the expected conditions and nature of the activity.</p> <p>Hired bikes only to be sourced from reputable organisations.</p> <p>Organisers make a final check of equipment prior to the activity starting ensuring that adjustments are made to suit the individual rider.</p>	
OTHER PEOPLE	<p>Vehicular traffic</p> <p>Other road users</p> <p>Members of the public</p>	<p>Organisers will operate in accordance with the current highway and cycling codes ensuring that the group are briefed on specific traffic hazards and their avoidance.</p>	
WEATHER	<p>Extreme weather</p> <p>Sunburn / heat exhaustion / heat stroke</p> <p>Hypothermia / hyperthermia</p>	<p>Organiser to check weather forecast prior to activity &amp; observe conditions throughout. If necessary change plans, amend route &amp; move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p> <p>Ensure participants have suitable &amp; adequate clothing plus access to warm (or cold) drinks / sources of energy.</p> <p>Remind participants about sun protection.</p> <p>Organisers should be First Aid trained.</p>	

<b><u>MOUNTAIN BIKING</u></b>		
<b>Hazards arising from activity</b>	<b>Control measure(s) in place to reduce risk from each hazard</b>	<b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b>
GENERAL	<p>Slips / falls</p> <p>Organisers choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available.</p> <p>Group members wear or carry clothing appropriate for the specific activity and venue.</p>	



	<p>Collisions</p> <p>Head injury / Eye injury</p> <p>Lost group / group members</p>	<p>Group members always wear safety helmets which meet the appropriate specifications. Group members wear eye protection suitable for the activity if needed.</p> <p>Group members are briefed on hazards specific to the area being used and are instructed in the skills and techniques needed to avoid them / deal with them.</p> <p>The Organiser and the group carry safety equipment appropriate for the specific activity and venue.</p> <p>Group is briefed prior to the activity about the route to be taken and the need to regroup at specific points.</p>	
KIT	Equipment Failure	<p>Organisers carry a repair kit suitable for the activity.</p> <p>Organisers visually check equipment at time of issue. If group members are using their own equipment the Organiser will ensure it is suitable for the expected conditions and nature of the activity.</p> <p>Hired bikes only to be sourced from reputable organisations.</p> <p>Organisers make a final check of equipment prior to the activity starting ensuring that adjustments are made to suit the individual rider.</p>	
OTHER PEOPLE	<p>Vehicular traffic</p> <p>Other road / trail users</p> <p>Members of the public</p>	<p>Organisers will operate in accordance with the current highway and cycling codes ensuring that the group are briefed on specific traffic hazards and their avoidance.</p>	
WEATHER	<p>Extreme weather</p> <p>Sunburn / heat exhaustion / heat stroke</p> <p>Hypothermia / hyperthermia</p>	<p>Organiser to check weather forecast prior to activity &amp; observe conditions throughout. If necessary change plans, amend route &amp; move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p> <p>Ensure participants have suitable &amp; adequate clothing plus access</p>	



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		<p>to warm (or cold) drinks / sources of energy. Remind participants about sun protection.</p> <p>Organisers are First Aid trained.</p>	
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