



Peak Bike Guides Ltd - Generic Risk Assessment

Name / Assessor: **Barry Smethurst**

Activity / exercise: **Mountain Biking**

Date Assessment: **23/08/2018**

Instructor to Student Ratio: **1:10**

Generic Risk assessment: **Yes**

Document reference: **PBG-RA-2018-001**

Ser	Activity / Element (Step 1)	Hazards Identified (Step 2)	Existing Controls (Step 3)	Is the Residual Risk Acceptable Yes / No (Step 4)	Additional Controls Required (Step 5)	Is the Residual Risk Acceptable Yes / No (Step 6)
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	Off-road Cycling/Mountain Biking	Instructor Qualification for terrain	1. MIAS Level 3	Yes		
2	Off-road Cycling/Mountain Biking	Adverse weather conditions	1. Instructor to carry emergency gear. 2. Students to carry foul weather clothing i.e. Rain Jacket, Waterproof socks, Waterproof gloves, etc. 3. Use of foul weather alternative routes based on up to date weather forecasts.	Yes		

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(a)	(b)	(c)	(d)	(e)	(f)	(g)
3	Off-road Cycling/Mountain Biking	Serviceability of bikes	<ol style="list-style-type: none"> 1. Check bikes are in good condition, in particular brakes, chain and gear mechanism. 2. Check tyre pressures and tread. 3. No evidence of loose bolts on Bars, Wheels, Pedals and Seat. 	Yes		
4	Off-road Cycling/Mountain Biking	Terrain: steep slopes, technical terrain	<ol style="list-style-type: none"> 1. Training and pre-assessment of skills prior to journey. 2. Identification of hazards and briefing given on crossing terrain when they are reached. 3. Correct route selection. 4. No racing, reduce speed, no overtaking. 5. First aider with group with first aid kit. 	Yes		
5	Off-road Cycling/Mountain Biking	Major Injuries or death caused from falls; stones and insects	<ol style="list-style-type: none"> 1. Helmets to be worn. 2. Eye protection to be worn. 3. Gloves to be worn. 4. Knee pads on technical terrain. Elbow pads optionally recommended. 5. First Aid trained. 	Yes		

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(a)	(b)	(c)	(d)	(e)	(f)	(g)
6	Off-road Cycling/Mountain Biking	Major Injuries or death caused by the Mountain Bike	<ol style="list-style-type: none"> 1. Mountain Bike to be serviceable and correctly maintained. 2. Mountain Bike to be inspected prior to use. (M check). 3. Mountain Bike to be suitably sized and to each rider. 4. Unserviceable or ill-fitting Mountain Bikes not to be used. 5. Mountain Bike becoming unserviceable during journey – instructor to carry basic repair/spares kit and capable of performing basic cycle maintenance. 	Yes		
7	Off-road Cycling/Mountain Biking	Major Injuries or death caused through excessive speed and loss of control	<ol style="list-style-type: none"> 1. Briefing on appropriate speed and dangers of excessive speed prior to start of journey. 2. No overtaking at high speed on narrow trails. 3. Both hands on handlebars at all times. 4. Correct application of brakes. 5. Correct use of gears. 6. Correct use of dropper seat post. 	Yes		
8	Off-road Cycling/Mountain Biking	Exhaustion	<ol style="list-style-type: none"> 1. Instructor vigilance. 2. Challenge matched to ability of participants. 3. Rest stops as required. 4. Suitable diet (High energy to offset fatigue and hypothermia.) 5. Remain Hydrated. Consume approximately 1 litre of fluid for every 1.5 hours of exercise. 	Yes		

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(a)	(b)	(c)	(d)	(e)	(f)	(g)
9	Off-road Cycling/Mountain Biking	Effects of heat and cold. Hypo- and hyperthermia	<ol style="list-style-type: none"> 1. Training and briefing. 2. Correct equipment and clothing for weather conditions. 3. Sunscreen, sunhat, sun glasses/warm hat and gloves. 4. Recognition of symptoms. 	Yes		
10	Off-road Cycling/Mountain Biking	Blisters	<ol style="list-style-type: none"> 1. Correctly fitting shoes and appropriate quality socks. 	Yes		
1	Off-road Cycling/Mountain Biking	Blisters	<ol style="list-style-type: none"> 1. Correctly fitting shoes and appropriate quality socks. 	Yes		
11	Off-road Cycling/Mountain Biking	Roads and traffic	<ol style="list-style-type: none"> 1. Training in correct procedures. 2. Observe Highway Code. 3. Use of Hi-Vis clothing if necessary. 4. Avoidance of potentially dangerous roads/junctions (A Roads, City Centres). 5. Ride in single file. 	Yes		
12	Off-road Cycling/Mountain Biking	Benightment. i.e. overtaken by nightfall	<ol style="list-style-type: none"> 1. Realistic route plan. 2. Navigation training. 4. Torches, spare batteries and bulbs carried. 5. Night cycling only if all of group prepared. 6. Use of Hi-Vis clothing if necessary. 	Yes		

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(a)	(b)	(c)	(d)	(e)	(f)	(g)
12	Off-road Cycling/Mountain Biking	Licensable terrain	1. Avoid unless instructor suitably qualified. 2. Avoid unless group suitably experienced/route within capabilities of group.	Yes		

	Name	Qualification	Date	Signature
Existing & Additional Controls Agreed				
Additional Controls Implemented				