



Peak Bike Guides Ltd – Location Specific Risk Assessment

Name / Assessor: **Barry Smethurst**

Location: **Mount Cook Adventure Centre, Derbyshire Dales**

Meeting point Address: **Porter Ln, Middleton, Matlock DE4 4LS**

Activity / exercise: **Mountain Biking**

Date Assessment: **12/06/2020**

Instructor to Student Ratio: **Max 1:5**

Generic Risk assessment: **No**

Document reference: **PBG-RA-2020-001-MTB_Leader_L1&2**

Ride description & basic route info:

This Risk Assessment is to be used when conducting MTB Leader Level 1 & 2 Training Courses. The rides start from Mount Cook Adventure Centre and can be between 15 to 30Km distance with up to 2000 meters of climbing and descending. The route will take up to 4 hours to complete. The location has a max elevation of 323 meters asl (Black Rocks) and cannot be considered as remote due to good (less than 20 mins) assistance access points throughout. The trails covered during the session are a mix of roads, cycle lanes and natural ungraded trails containing rocks, roots and loose terrain which is technical and should be treated as mountainous in parts. Approximate difficulty ratio level is blue (40%), red (50%) and Black (10%) based on a typical UK grading convention. There are no deep-water river crossings, scrambling sections or dangerous cliff edges on this route. For more information on grading please visit our website at the address below.

<https://peakbikeguides.com/difficulty-guide/>

| 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 and Coaching | Instructor Qualification for terrain | 1. MIAS (Mountain Bike Instructor Award Scheme) Level 3+. | Yes | | |
| 2 | Off-road Cycling/Mountain Biking and Coaching | Adverse weather conditions | 1. Check weather forecast before ride starts. 2. Students to carry bad weather clothing i.e. Rain Jacket, Waterproof socks, Waterproof gloves, Trousers, etc. 3. Use of bad weather alternative routes based on up to date weather forecasts. 4. Carry Sun Protection. 5. Carry OS Map of the area. 6. Carry a GPS. | Yes | | |
| 3 | Off-road Cycling/Mountain Biking and Coaching | Serviceability of bikes | 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. 4. Carry appropriate Tools and emergency spare parts i.e. Inner Tubes, Tyre Plugs, Quick Chain Links, etc. | Yes | | |
| 4 | Off-road Cycling/Mountain Biking and Coaching | Terrain: steep slopes, technical terrain | 1. Pre-assessment of skills prior to attempting technical terrain. 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. | Yes | | |

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|-----|---|--|--|---|--|---|
| (a) | (b) | (c) | (d) | (e) | (f) | (g) |
| 5 | Off-road Cycling/Mountain Biking and Coaching | Major Injuries or death caused from falls; flying stones/rocks and insects | <ol style="list-style-type: none"> 1. Helmets to be worn. 2. Gloves to be worn. 3. Knee pads on technical terrain. Elbow pads optionally recommended. 4. First Aid trained. 5. Carry stocked First Aid Kit. 6. Carry Mobile Phone. 7. Carry in date EpiPen. | Yes | | |
| 6 | Off-road Cycling/Mountain Biking and Coaching | 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 and Coaching | 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 | | |

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|-----|---|---|--|---|--|---|
| (a) | (b) | (c) | (d) | (e) | (f) | (g) |
| 8 | Off-road Cycling/Mountain Biking and Coaching | 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. 6. Use GPS to monitor effort and remaining route requirements. | Yes | | |
| 9 | Off-road Cycling/Mountain Biking and Coaching | 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. 5. Carry Thermal Blanket | Yes | | |
| 10 | Off-road Cycling/Mountain Biking and Coaching | Blisters | <ol style="list-style-type: none"> 1. Correctly fitting shoes and appropriate quality socks. | Yes | | |
| 11 | Off-road Cycling/Mountain Biking and Coaching | 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 and Coaching | Benightment. i.e. overtaken by nightfall | <ol style="list-style-type: none"> 1. Realistic route plan. 2. Navigation training. 3. Night cycling only if all of group prepared. 4. Avoid routes with Motor Vehicles. | Yes | | |

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|------------|---|---|--|--|--|--|
| (a) | (b) | (c) | (d) | (e) | (f) | (g) |
| 13 | Off-road Cycling/Mountain Biking and Coaching | Licensable terrain | 1. Avoid unless instructor suitably qualified. 2. Avoid unless group suitably experienced/route within capabilities of group. | Yes | | |
| 14 | Off-road Cycling/Mountain Biking and Coaching | Group separation | 1. Instructor to control group speed to suit slowest rider. 2. Instructor to provide slowest rider with 2 way Radio and avoid losing sight of slowest rider. 3. Instructor to lead on descents and to hold at all junctions until all riders re-group. | Yes | | |
| 15 | Off-road Cycling/Mountain Biking and Coaching | Respecting the Countryside | 1. Always take all rubbish home. 2. Always close any farm gates. 3. Avoid close contact with Livestock. | Yes | | |
| 16 | Off-road Cycling/Mountain Biking and Coaching | Air born Infection, Virus (COVID-19) or Disease. | 1. Check for symptoms before session starts and refuse participation if necessary. 2. Maintain social distancing of 2 meters 3. Avoid contact of person or equipment during session. 4. If equipment is shared wear gloves and sanitise after use. 3. If contact is necessary e.g. to administer first aid then wear PPE (Face Mask, Gloves, Eye protection, Apron). 4. After contact bag all PPE and sanitise equipment which is not disposable. | Yes | | |

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