

# MOUNTAIN BIKING



Date of Assessment 23/1/15

	Casual factors, hazards, dangers	Risk management strategies, normal operation.	Site Specifics
People	Overestimate of ability causing difficulty on tracks.	<ul style="list-style-type: none"> <li>Identify phobias, illnesses and injuries before ride.</li> <li>Give out and check personnel detail and medical forms.</li> <li>Instructors do test ability through warm up games and teach use of gears and brakes.</li> <li>Then make appropriate choice of route to suit group.</li> </ul>	This space is to be completed on the day of the activity, identifying any specific dangers, changes since the last visit and/or difficulties/risks that will need to be assessed before, during and after the session.
	No experience in riding bikes.	<ul style="list-style-type: none"> <li>Instructors ask questions on ability, experience etc. before activity.</li> <li>Provide appropriate instruction when necessary.</li> </ul>	
	Fall from bike or accident.	<ul style="list-style-type: none"> <li>All instructors are first aid qualified.</li> <li>Safety brief to be given on road riding, trail riding etc.</li> </ul>	
	Accident involving car/other bikes. Head injury.	<ul style="list-style-type: none"> <li>All instructors are first aid qualified.</li> <li>Safety brief to be given on road riding, trail riding. Emergency exits identified along planned route prior to ride.</li> <li>Helmets always worn at all times whilst riding.</li> </ul>	
	Going too fast.	<ul style="list-style-type: none"> <li>Instructors explain within brief the consequences of riding fast, to individuals and groups, i.e. lack of control.</li> </ul>	

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		<ul style="list-style-type: none"> <li>Keep pace to that of the lower ability participant.</li> </ul>	
	<b>Casual factors, hazards, dangers</b>	<b>Risk management strategies, normal operation.</b>	<b>Site Specifics</b>
Equipment	Poor head protection.	<ul style="list-style-type: none"> <li>Ensure correct fittings of helmets.</li> <li>First aid kits carried at all times.</li> <li>Helmets always worn.</li> <li>Instructors will carry out personal detail checks before each ride.</li> <li>Safety check of all helmets before and after each ride.</li> </ul>	
	Damaged equipment provided by Freax, broken bikes: i.e. gears not changing, brakes failing, seat post in wrong position.	<ul style="list-style-type: none"> <li>All bikes checked and logged on a regular basis.</li> <li>Bikes also checked and logged before and after each ride.</li> <li>Instructors will give safety brief before each ride and show groups how to use brakes and gears etc.</li> </ul>	
	Punctures and flat tyres.	<ul style="list-style-type: none"> <li>All Freax instructors carry spare parts and adequate spare equipment needed.</li> </ul>	
	Damaged or inadequate personal equipment brought by participants.	<ul style="list-style-type: none"> <li>Only specialised equipment that belongs to Freax to be used unless a full inspection has been carried out by an experienced instructor and the history of the equipment is known; and that it confirms to British standards.</li> </ul>	
Environment	Good/Bad Weather conditions.	<ul style="list-style-type: none"> <li>Groups to be briefed on safety.</li> <li>All clothing to be checked by staff and spare clothing will be carried by Freax staff.</li> <li>Get weather report before each ride. Kit</li> </ul>	



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		<p>list provided prior to activity.</p> <ul style="list-style-type: none"><li>• Ensure fluid is taken and instructor to carry spare water.</li><li>• Frequent breaks to match the group's capacity.</li></ul>	
	Rain fall causing road/trail to be wet, sharp objects on route.	<ul style="list-style-type: none"><li>• Instructors have quick exit plans incase of an emergency.</li><li>• Discussions on safe &amp; controlled riding before and during the ride.</li></ul>	
	Other road, trail users.	<ul style="list-style-type: none"><li>• Discussion at beginning of activity to explain the country code and to be aware of other riders and other vehicles.</li></ul>	

REVIEW DATE 23/1/16