Generic Risk Assessment - Mountain Biking

Location: Various locations and trails no harder than a 'Red route'
Reviewed by Ian Sheldrake 1st October 2025

Hazard	Severity	Likelihood	Control Measures	Residual Risk Rating
General			• Suitably qualified and experienced staff (activity award and current First Aid) • Clear briefings and supervision. • Phone and first aid kit carried • Session planning in place • All accidents, incidents and near misses reported and recorded appropriately and reviewed. • Any review recommendations implemented.	L
Manual handling injuries whilst lifting bikes	Low & Low		• Briefing on appropriate manual handling techniques to be given and employed.	L
Mechanical failure / equipment damage	Serious injury if a fall results Stuck in difficult location	Low Low – medium likelihood	• Bikes checked before use. • If hiring only hire from reputable organisation. • Repair kit and spares carried. • Mobile phone carried • Options for leaving bikes and evacuation considered.	L

			• Remoteness of route choice avoided	
Falling off bike	Serious injury	Medium - When riders fall they 'spall' falling on their sides or landing forwards with their arms out. Resulting in arm and collar bone injury.	• Appropriate briefing, instructor observation, appropriate equipment to be used and worn. • Specific notice to be taken of footwear, laces and trouser ends • Helmets fitted correctly and worn • Group speed controlled on more technical sections. • Skills sessions dynamically risk assess surroundings and 'run outs' and previous assessment of group's ability.	Low to medium
Head injury caused by fall	Serious injury	low	• Appropriate helmet fitting briefing, instructor and group observation, helmets to be worn whilst moving.	L
Collision with other bikes	Medium	Low	Appropriate briefing at different points of ride to space riders.	L
Collision with pedestrians	Medium	low	Appropriate briefing, front rider controls speed of group on pedestrian paths of less than 2.5m width and on any track with 'blind' corners. Bell used to make pedestrians aware of approach.	L
Collisions with cars	High		On public roads instructors will wear bright jackets or fluorescent waistcoats. Group rides in single file with fluorescent jacket at back. Crossing the road all group dismounts and crosses together. Road cycling kept to a minimum in route planning On public roads cycle paths and footpaths used where available	L

	severity	**Likelihood**	**Control Measures**	**Residual**

Hazard				Risk Rating
Hypothermia	Medium to high	Low	• Instructions on what to wear and what to bring is provided in the Joining information. This is to include food and drink. • Instructor checks group clothing and food and drink before setting off. • Cagoules issued if necessary or participants turned away. • Participants sent to shop for food and drink. • Drink plenty of fluids before and during session to remain hydrated (major cause of hypothermia) • Emergency food brought by instructor. • Flask of hot fluids in Winter temperatures (wet and windy days too) if going to remote situations. Not necessary if within 20 minutes of a shop. • Weather forecasts to be checked prior to session to allow for appropriate measures such as carrying additional spare clothes. • Instructor to monitor mood of group members.	L
Heat exhaustion	Med to high	low	• Instructor monitoring group, group should be hydrated prior to session, water bottle to be carried. • Heat exhaustion is caused by long rides, on warm days with poor hydration. Rides kept shorter.	L
Sun Burn	Low – only face or arms exposed	Med	• Suntan lotion to be brought and applied regularly, instructors to ensure children have applied lotion.	L

Aggressive cattle	Med	Extremely low	• Avoid grazing cattle in fields and on tow path side, especially when in calf or calving.	L
Dog attack	Low to med	Low to med	• Slow down whilst approaching dogs to allow walker to gain control of dog before group draws near.	L
Medical conditions and allergies	Low to high	Low to high (asthma)	• Instructed to beware of any medical conditions and allergies, and to ensure individual has appropriate medication. • Instructor checks booking forms with medical details. • Instructor asks group to disclose and changes to medical conditions since the form was written. • Only conditions relevant to the activity need be disclosed. Be clear to explain what types of conditions are relevant and set participants expectations for the day (strenuous, get wet, no toilets etc)	L

Notes

- All leaders should be aware of **Venture Out** 'Emergency procedures' prior to delivering any sessions.
- All coaches to carry first aid kit and repair kit and appropriate equipment for weather conditions.
- It is the responsibility of the coach to ensure equipment is safe and appropriate for use prior to each session.
- It is the responsibility of the coach to alert the **Director (Ian Sheldrake)** of broken or damaged equipment, or injury or near miss and to record this information in the Accident and Emergency book. If unclear how to complete this, then contact Ian immediately for support.
- If the coach is unsure of any relevant safety-related matters the problem should be resolved prior to the session.
- This is an adventurous sport and some risk is assumed by participants. Removal of all risk is not only impossible but detrimental to the development of participants. However risk versus benefits have to be considered.