

High Adventure OEC Risk Assessment - Off road cycling / Mountain Biking

Minimum Leader qualification	MIAS L1	Minimum Assistant qualification	In house assessed
Max group size with Leader	12 (Must have a visiting staff member within the group)	Max group size with assistant (non-qualified)	14

Hazard	People at risk	Pre-control	On session control	Risk (minimal, manageable, unacceptable)
Loading / unloading trailer	HA staff	All staff briefed on lifting procedures and not to work alone.	Group members not to lift bikes on / off	Minimal
Equipment failure	All staff & participants	Only use bikes from reputable hire companies or held at HA OEC with a service history	Bikes to be given a pre-ride inspection (see P.R.I. sheet)	Minimal
Falls due to rider ability / exhaustion	Participants	<ul style="list-style-type: none"> • Knowledge of group and choice of venue. • Length and difficulty of route. 	Groups briefed about the brakes and gears on their bikes, time on easy terrain to become familiar with their bike. Monitor the group for signs of exhaustion.	Minimal
Falls due to terrain	All staff & participants	All sessions run by qualified staff familiar with venue	Clear group briefings given, stops before and after difficult sections	Manageable
Weather related injuries	All staff & participants	Check weather forecast Groups clothing to be checked prior to session, warm clothing, waterproofs, sun protection, etc	All participants to be monitored for signs of hypothermia / heat stroke. Take drinks & snacks	Manageable

Essential equipment

Personal - Helmet & gloves. *Eyewear, long trousers (not flared) and long sleeves advisable.*

Group - Bike, small rucksack and non breakable drinks bottle - lights required in winter for full day rides.

Leader - Group shelter & 1st aid kit, tools, spare tubes & pump. Map of area.

Site specific details

1 Hope Trail MTB trail at Malsis School - EMERGENCY PHONE (Malsis School)				
Single Track	Participants	The single track is manmade & well maintained, the surface is bedded down but is made of gravel with the obvious loose surface particles. Some branches from trees and potential for tree parts to fall onto the track.	Brief the group at the start about the surface, branches & other potential obstacles. Mainly single track so collecting the group together needs to be explained that this will occur at the points when the single track meets the open clearings.	Manageable

2 Cowling Park - gr; 974 434 - EMERGENCY PHONE (mobile or Bay horse public house)				
Other users	All staff & participants		Group briefing & stay to low speeds. Stick to the edges by drystone walls if riding on the grass.	Minimal
Skate ramps	All staff & participants		Brief the group first on riding skills needed. Only use the smallest stand alone ramp. Instructors to spot for riders.	Manageable

3 Earl Crag - gr; 985 429 - EMERGENCY PHONE (mobile)				
Route choice	Participants	Must be checked on session	Keep low speed & regular stops. Make use of tracks and keep good group control at junctions.	Manageable
Other users	All staff & participants		Group briefing & stay to low speeds	Minimal
Dangerous terrain/steep descent	Participants	Knowledge of venue	Ensure all group members stay on route set by instructor. Keep low speed and regular stops. Spotting by instructor where needed depending on groups ability.	Manageable
Dangerous terrain - dirt bike tracks	Participants	Knowledge of venue	Ensure all group members stay on route set by instructor. Ensure challenge matches the groups ability. Spotting by instructor where needed depending on groups ability.	Manageable

4 Gisburn Forest - gr; SD 745 550 - EMERGENCY PHONE (payphone) SD 748 543				
Route Choice	All staff & participants	Gisburn has colour coded waymarked routes	The hard route should not be used except with very competent / experienced groups	Manageable

5 Otley Chevin - gr; SE 216 442 - EMERGENCY PHONE (payphone) SE 204 453				
Dangerous terrain	Participants	Knowledge of venue	Ensure all group members stay on main path when crossing above the crag. Stone bridge on the path parallel to road just below main car park may need spotting (or walking).	Manageable
6 Yeadon BMX track - gr; SE 214 416 - EMERGENCY PHONE (payphone) SE 211 411				
Dangerous terrain	All staff & participants	Assess group ability & attitude at an easier venue first	All participants to 'slow ride' the course first. Any racing to be against the clock not head to head.	Manageable
7 Middleton Park - gr; SE 301 287 - EMERGENCY PHONE (private) SE 302 298				
Environmental issues	All staff & participants	Must be checked on session	This venue is subject to changing obstacles, vandalism, and stolen cars, keep close group control and alter route as necessary.	Manageable
8 Grizedale Forest - gr; SD 335 944 - EMERGENCY PHONE (private) SD 335 944 <i>visitor centre</i>				
Bridleway descent	Participants	The bridleway descent from that runs East from Parka Moor has short steep sections and wet holes	Keep low speed & regular stops on the descent, only highlighted tracks to be used (see approved map)	Manageable
9 Rivington - gr; SD 632 144 - EMERGENCY PHONE (payphone) SD 626 144				
Route choice	Participants	Must be checked on session	Keep low speed & regular stops. Make use of tracks and keep good group control at junctions.	Manageable
10 Hamsterley Forest - gr; NZ 061 294 - EMERGENCY PHONE				
11 Delamere Forest - gr; SJ 548 704 - EMERGENCY PHONE (private) SJ 548 704 <i>Visitor centre</i>				
Other users	All staff & participants		Group briefing & stay to low speeds	Minimal

12 Mirfield - gr; SE 216 195 - EMERGENCY PHONE (private) SE 216 197				
Bluebell Woods skills area	Participants	Venue knowledge - there are some serious trials riders use this area	'slow ride' all the elements that your group will be using and give thorough briefing. This area may be unsuitable to some groups (not on view from main track so easily passed)	Manageable

13 Bradley - gr; SE 194 210 - EMERGENCY PHONES (private) SE 158 195 school; & SE 175 206 petrol station				
Road sections	All staff & participants	Venue knowledge	Give full briefing prior to road crossings and section. Keep close supervision and low speed on road descent	Manageable

14 Deers Leap Park - gr; TQ 384 354 - EMERGENCY PHONE (private) TQ 384 354 site office				
Wooden bridges	All staff & participants	Venue knowledge	Nervous riders and those with poor steering should be made to dismount	Manageable
Stream run	All staff & participants	Pre inspection	This short trail needs checking every visit for water levels, low/fallen branches, changes to the 'drop offs'	Manageable

15 Leith Hill - gr; TQ 145 432 - EMERGENCY PHONE (payphone) TQ 149 437				
Navigation	All staff & participants	Good local knowledge	Local riders are constantly building new trails, these are disorientating and not on the maps. Pre ride essential	Minimal

16 Thorndon Country Park - gr; TQ 608 916 - EMERGENCY PHONE (private) TQ 608 916 visitor centre				
Other users	All staff & participants	Popular with horse riders and local OAP running club - beware of Tuesday mornings	Group briefing & stay to low speeds	Minimal

17 Tockholes - gr; Landranger sheet 103 662 230				
Other users	All staff & participants	Must be checked on session	Group briefing about other users & walkers	Minimal

18 Guisborough NZ 584 122				
Steep downhills	All staff & participants	Pre ride and good group control	Group briefing and setting off group spaced apart	Minimal

19 Dalby SE 883 904				
Skills course	All staff & participants	Must be checked on session	Only to be done by experienced riders	Manageable

20 Clumber Park SK 635 756				
Other users	All staff & participants	Must be checked on session	Group briefing about other users & walkers	minimal

21 Lady Bower SK 172 894				
Road sections	All staff & participants	Light road traffic	Group briefing and good group control	minimal

22 Lee Quarry SD 866211 Staff to be level 2 MTB qualified (unless level 1 and site specific training given about which areas to use), Also risk assess all students skills before use.				
Steep drop off	All staff & participants	The group must have had some prior training before using the top section.	Group briefing and good group control	manageable
Some cliff edges	All staff & participants	The dangerous sections are roped off good site knowledge is required.	Group briefing and good group control	manageable

Assessed by	HA OEC Ltd	Renewal date	This Risk Assessment is renewed in October each year as a matter of course, but is also reviewed & amended on a weekly / monthly basis subject to any changes that occur to High Adventure OEC Ltd Normal Operating Procedure.	
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