

ACTIVITY	12. Mountain and Off Road Biking
HAZARDS	<ul style="list-style-type: none"> ✘ Collisions with traffic/fixed objects/pedestrians/horse riders/other cyclists/significant falls etc. ✘ Adverse and sudden changes in weather conditions ✘ Adverse ground conditions ✘ Lifting injuries ✘ Cycle component failure ✘ Contamination from farm effluents &/or other hazardous substances
CONTROL MEASURES	
<p>This must be read in conjunction with Risk Assessment Number 1</p> <ul style="list-style-type: none"> ➔ All participants must wear appropriate helmets ➔ Appropriate clothing, footwear and gloves must be worn ➔ Design of cycles to be fit for the purpose of the specific activity ➔ Careful route selection appropriate to the entire group ➔ Strict group control methods shared with all participants before departure and during ride ➔ Exercise tight group control with regular stops on all downhill and technical sections ➔ Group to dismount and walk in appropriate sections/specific hazards – see site specific risk assessment or apply dynamic risk assessment ➔ Initial practical test of individual ability before departure from start point or previous knowledge of individual skill ➔ Bikes must be safety checked and include brakes, gears, wheels and headset/ahead set ➔ Cycles to be correct size and adjusted to fit the rider ➔ Leadership ability, experience and technical skills higher than those required for the chosen route ➔ Follow the Highway Code, Country Code and Mountain Biking Code ➔ If using public roads to link off-road sections, have a clearly defined plan that is understood by all participants for crossing road junctions or turning right. Always consider dismounting and walking at these and other serious hazards e.g. roundabouts, car parks etc. ➔ Cycle tools and essential spares, including inner tubes, must be carried when distant from workshop ➔ Consider the use of eye protection whenever debris is being thrown up by bikes ➔ Use of reflective jackets when riding on roads 	
NOTES	
<ul style="list-style-type: none"> ▪ This activity carries a significantly higher likelihood of risk of injury. It is often falsely assumed that if an individual can ride a bike then they can ride off road safely ▪ It must not be assumed that an individual understands how to ride safely on a public road or as part of a group ▪ Effective group control is more difficult than with other activities ▪ Mountain biking may be perceived as having greater environmental impact than other activities. It is important to cycle only on designated bridle paths and byways and not to contravene local agreements 	

Created by:
Date:
Review date:

