

ACTIVITY	Mountain Biking
VENUE(S)	Within the North York Moors
HAZARDS	CONTROL MEASURES
✘ Lifting injuries	✓ Staff briefing and supervision
✘ Insecure trailer load	✓ Staff to supervise and check load before commencement of journey
✘ Falls/dismounting injuries	✓ Staff briefing (for specific hazards) ✓ Careful selection of route to be aware/avoid hazards ✓ Use of helmets
✘ Fatigue/exhaustion	✓ Staff monitoring of students ✓ Appropriate food/liquid intake ✓ Careful selection of route
✘ Collision with other cyclists/road users	✓ Staff briefing and supervision - back person to wear fluorescent jacket ✓ Compliance with highway code when cycling on road
✘ Mechanical failure resulting in injuries	✓ Careful checking of cycles prior to ride ✓ Monitoring by staff
✘ Cold injuries/heat injuries	✓ Staff briefing and supervision ✓ Careful checks of students clothing prior to ride ✓ Monitoring of food/liquid intake
✘ Dangerous terrain	✓ Control of group from front ✓ Appropriate route choice
SAFETY EQUIPMENT	
<ul style="list-style-type: none"> ⌘ Helmets ⌘ Properly maintained cycles 	
VENUE SPECIFIC RISKS & ADDITIONAL NOTES	
<p>➔ EACH RIDE SHOULD HAVE BEEN RIDEN BY A MEMBER OF STAFF PRIOR TO USE WITH A GROUP AND ADDITIONAL RIDE SPECIFIC RISKS NOTED</p> <p>➔ CHECK STUDENTS ABILITY BEFORE LEAVING CENTRE</p> <p>➔ EXCESSIVE SPEED – CONTROL OF DOWNHILL SECTIONS FROM THE FRONT</p> <p>➔ ENTANGLEMENT IN BIKE – PARTICIPANTS TOO NEAR</p> <p style="padding-left: 40px;">- APPROPRIATE CLOTHING</p> <p style="padding-left: 40px;">- NO LOOSE ITEMS NEAR PEDALS/CHAIN</p> <p style="padding-left: 40px;">- MUST SIT ON ALL CLOTHING (NOT DANGLE BEHIND SEAT)</p>	
<p>➔ DIXONS HOLLOW SKILLS AREA (DALBY FOREST)</p>	
<p>PARTICIPANTS SHOULD BE WARNED OF CORRECT ROUTE THROUGH UNDER BRIDGE AS LINE TAKES YOU INTO THE BRIDGE SUPPORT.</p> <p>CODE OF PRACTICE MUST BE FOLLOWED HERE.</p>	

Created by:

Date:

Review date:

