

## Namaste Adventure **MOUNTAIN BIKING** GENERIC RISK ASSESSMENT

Hazard	Who may be harmed	Risk		Control Measure
		Likelihood	Consequence	
<b>Weather</b>				
General	Team			<ul style="list-style-type: none"> <li>• Duty Instructor to display the day's weather forecast in the designated location</li> <li>• Our Instructor to check weather forecast prior to briefing the team</li> </ul>
Cold and/or Wet conditions	Team	H	H	<ul style="list-style-type: none"> <li>• Our Instructor to check that all participants have suitable clothing prior to commencing the activity</li> <li>• Our Instructors must always wear appropriate clothing in order to run the activity safely</li> </ul>
Sun	Team	H	M	<ul style="list-style-type: none"> <li>• Our Instructor must ensure that they make the team aware of the dangers relating to the sun i.e. heatstroke &amp; sunburn</li> <li>• Our Instructor to ensure that the team have suitable clothing, e.g. long sleeves, trousers and sun hat</li> </ul>
Lightning and/or storms	Team	L	VH	<ul style="list-style-type: none"> <li>• Our Instructor are not to run this session in any serious storm</li> <li>• If caught out during a lightening storm, then the our Instructor must cease the activity immediately and seek appropriate shelter</li> </ul>
High winds	Team	M	M	<ul style="list-style-type: none"> <li>• Our instructor to monitor weather &amp; suspend or cancel session when wind conditions cause safety to be affected</li> </ul>
<b>Terrain</b>				
Uneven Surfaces (falls from bikes)	Team	H	M	<ul style="list-style-type: none"> <li>• Our Instructor to conduct a visual inspection of the course prior to commencing the activity and remove unplanned obstacles and check the suitability of the surface after e.g. windy, wet or icy weather</li> <li>• All participants to wear correctly fitted helmets, long sleeves and long trousers while riding</li> <li>• Our Instructor to visually check every participant is appropriately kitted out prior to each turn on the activity</li> <li>• Our Instructor to brief team on correct riding technique to minimise chance of falls prior to commencing the activity</li> <li>• Our Instructor to keep all participants within view at all points during the session</li> </ul>
<b>Equipment</b>				
Helmet incorrectly fitted	Team	M	H	<ul style="list-style-type: none"> <li>• Our Instructor to brief all participants on the correct fitting of helmets prior to commencing the activity</li> <li>• Our Instructor to check each individual's helmet before they start</li> </ul>
Hair, clothing or jewellery trapped in equipment	Participants	M	M	<ul style="list-style-type: none"> <li>• Our Instructors are to brief all participants to tuck away loose clothing and long hair prior to commencing the activity</li> <li>• Our Instructors are to brief participants to remove jewellery prior to commencing the activity</li> <li>• Our Instructor to visually check every participant prior to each turn on the activity</li> </ul>
Faulty equipment	Team	L	H	<ul style="list-style-type: none"> <li>• Equipment is checked on a regular basis and recorded, and replaced where necessary</li> <li>• Our Instructors are to visually check the equipment each for obvious faults at the start of every session</li> </ul>
Misuse of equipment	Team	M	H	<ul style="list-style-type: none"> <li>• Our Instructor to explain to team as part of initial activity safety briefing the safe handling and use of equipment</li> <li>• Our Instructor to monitor participants closely during activity to ensure equipment is used properly</li> <li>• Our Instructor to keep all participants within view at all points during the session</li> </ul>
<b>Other</b>				
Adjacent activity	Team	M	L	<ul style="list-style-type: none"> <li>• Our Instructor to be vigilant of participants in adjacent activities and others in unsupervised/free-time play near the activity location, and to avoid these areas where possible</li> </ul>
Unsupervised access	All	M	H	<ul style="list-style-type: none"> <li>• Our Group Leader to brief guests on arrival that the bike course is out of bounds to non-participants, and may only be entered when accompanied by a Our Instructor</li> <li>• Equipment secured in locked store accessible only to authorised Our staff when not in use</li> </ul>