

## BOYS' BRIGADE MOUNTAINEERING CLUB – GENERIC RISK ASSESSMENT

### MOUNTAIN BIKING

HAZARD	WHO MAY BE HARMED	RISK LIKELIHOOD	RISK CONSEQUENCE	CONTROL MEASURE
<b>WEATHER</b>				
General	Group			<b>Meet Organiser and Leaders to check weather forecast prior to meet and brief the group.</b>
Cold and/or wet	Group	H	M	Leaders to brief participants in advance of the activity commencing on suitable clothing. I.e. waterproof hooded coat and over trousers, hat, gloves and additional clothing for when on rests/lunch or on higher ground. Leaders to check that all participants have suitable clothing prior to commencing the activity, those without should not participate if at risk. Leaders to carry group shelters for us in emergencies or on lunch/rest stops. Leaders must always wear appropriate clothing in order to run the activity safely.
Sun	Group	H	M	Leaders must ensure that group aware of the dangers relating to the sun, i.e. heatstroke and sunburn. Leaders to ensure that the team have suitable clothing, e.g. long sleeves, trousers and hat and apply sun cream if required. Leaders to factor in hot weather with planned route choice:- early start, more rest, reduced load, water intake,
Lightening and/or storms	Group	L	VH	Leaders not to do this activity in any serious storm. If caught out during a lightening storm, then the Leader/Ass Leader must cease the activity immediately and seek out appropriate shelter.
High Winds	Group	M	M	Leaders to monitor weather and alter or suspend/cancel session when wind conditions cause safety to be affected. Leaders to consider a lower level alternative route which provides better protection from high winds and take into account any falling objects if in/near forests or valleys.
<b>RIDER ABILITY AND EQUIPMENT</b>				
Inexperienced/ Low confidence rider	Group	M	L	Meet Organiser prior to meet to ask Participants if any experience whatsoever of mountain biking and inform Leaders. Leaders will ask each rider to ride a short distance on site. A marked route with

				a demonstration of riding one handed, using one hand and then the other can be used or equivalent. This will assist in assessing ability and decisions regarding suitability of route
Dangers to riders from falling - head injuries	Group	H	VH	Leaders to ensure that Group advised must wear appropriate helmets throughout activity, <i>see Riders cycle equipment</i>
Unsafe Riding Position	Group	M	L	Leader to ensure that bike must fit the Participant with feet able to touch the ground when on saddle with good clearance between crotch and top tube.
Cycling Ability	Group	M	L	Leaders to ensure that Participants are clear on instructions and all in group can ride a bike suitable to their abilities. Leaders to make sure that Group has the ability to complete the proposed route and ensure continually assess groups performance and be prepared to adjust route if required.
Riders Cycle Equipment	Group	VH	VH	Leaders to make sure that Group are all wearing an approved cycle helmet at all times when riding the bike. Leaders to check all helmets prior to use. Leaders to ensure that Group all wears cycle gloves during ride.
<b>EQUIPMENT BIKE &amp; PERSONAL</b>				
Dangers to riders from defective bike parts	Group	M	M	Leaders to ensure/check that all bikes to be used have been serviced or checked prior to use. Leaders to carry out pre-ride checks of each bike before use by Group. Leaders must ensure that attention is given to checking bikes to be used by Group where brakes, seat posts, saddles, tyres and handlebars are concerned. Leaders to allow no one within Group to use a bike which may pose a risk.
Clothing & Footwear	Group	H	L	Meet Organiser to ensure all Participants are advised prior to meet of suitable clothing and footwear is required for this activity. Leaders must check Group to ensure that all footwear is suitable and laces tied and secured away from the chain. Leaders to check Group has no loose clothing, particular which may come into contact with moving parts. Leaders to ensure that Group brings additional clothing to suit prevailing weather conditions and spare clothing to put on during lunch/rest stops.
Personal Equipment	Group	L	L	Meet Organiser to ensure that all Participants are advised prior to meet of suitable/required equipment to bring for this activity.  Leaders to ensure before starting out that Group has adequate fluid and food for

Personal Equipment (Continued)	Group	L	L	the planned route and where possible includes the facility/provision to stop and purchase/acquire additional supplies if required. Leaders to also ensure that the Group has ample items of repair kit, pumps, basic first aid provision and spare inner tubes. Should there be the possibility (especially in Winter) of being out after dark, every rider must have adequate road legal lights, spare batteries and high visibility armbands.
<b>SUPERVISION/ LEADERS</b>				
Group Size and Level of Supervision	Group	VL	L	Meet Organiser to advise Leaders of number of participants in advance to ensure group is of a manageable size. BBMC groups should have a recommended group size of SIX participants to 1 Leader and an accompanying Adult helper. Leaders to make a decision determined by the Risk Assessment process of the Group and may reduce the number within each group where Participants have Disabilities or Behavioural issues. Leaders can at their discretion if a suitable number of accompanying adults or based on make up of group make an assessment that a larger group is possible. Organiser and Leader to complete a route card prior to ride, taking a copy with them and leaving a copy with an appropriate contact, with the Leader informing them when departing and returning from a ride.
Reckless Riding	Group	M	M	Leaders to ensure that prior to commencement of the activity Group is advised and briefed about appropriate riding instructions for the terrain and route.
Accidents & Dangerous Occurrences	Group	M	VH	Leaders must hold a current and up to date First Aid Certificate. Leaders to ensure a First Aid Kit is available and carried by each Leader. Leaders and any accompanying Officers/Adults following any incident or accident must ensure Accident notification form is completed and forwarded to BBMC Secretary who will copy for club files and forward to BBHQ. Leaders to discuss with any accompanying Officer/Adult if an ambulance is necessary following an accident.
Dangerous Routes	Group	M	M	Meet Organiser to discuss location of meet with Leaders in advance. Leaders must know the routes to be used and that these routes are suitable and appropriate for the Group and their abilities.
<b>EQUIPMENT</b>				
BBMC Equipment	Group	L	VH	Meet Organiser and Leaders to ensure any BBMC equipment to be used during the activity (group shelters, compasses, maps etc) is inspected before and after use and any defects reported to Equipment Officer. Use of club equipment minimal as participants should have own equipment/ hire from suitable provider.
<b>OTHER</b>				

Emergencies	Group	M	VH	<p>Meet Organiser to ensure that participants (Young People from BB Companies especially) are informed that the Company and Accompanying Officers are responsible for gaining parental consent to attend the activity and having emergency contact numbers and details of any medical conditions/information.</p> <p>Meet Organiser to ensure Leaders are informed of any information or details which may become relevant in an emergency.</p> <p>All Club Leaders are first aid trained and hold a current first aid certificate and carry first aid kits which include foil blankets.</p> <p>Meet Organiser to ensure that routes are planned with escape routes where aid can be obtained.</p> <p>Leaders to carry mobile telephones and know how to summon aid if required – i.e. whistle and torch SOS signals.</p> <p>Leaders hold qualifications which include training and or details of group management in emergency situations.</p> <p>Leaders to continually assess the risks to the group during rides and act accordingly.</p>
Specific Needs of Individuals	Group	M	H	<p>Meet Organiser to ensure that obtains information from Participants prior to event of any participants who have medical or behavioural needs and to ensure that the Leaders are informed well in advance to enable discussion to take place before the walk and actions needed can be addressed.</p> <p>If required depending on individual circumstances carry out an Individual Risk Assessment and obtain any additional staffing required or necessary.</p> <p>Leaders to ensure that any individuals with specific needs or behavioural needs are not excluded if possible but the safety and wellbeing of the group is paramount.</p> <p>Meet Organiser to ensure activities can be tailored where possible to include individuals with specific needs.</p>
Boys' Brigade Regulations and Adherence to Compliance	All	VL	VH	<p>Group to ensure that all requirements of the Boys' Brigade have been carried out and complied with as per the current rules and regulations which relate to the activities. Risk Assessments should be produced by those attending the meet, parent/guardians should be informed of the activities and consent forms completed, HQ should be notified if part of a meet involving an overnight stay.</p> <p>Meet Organiser to ensure that those attending meets are members of the BB so will be covered by Brigade Insurance for participating in the activity. Group to ensure before event any concerns or queries referred to HQ who will make final determination and advise accordingly. Leaders must hold an accredited Mountain Bike Leadership qualification(s).</p>

**The Boys' Brigade Mountaineering Club gratefully acknowledges and thanks Janet Jenkinson and Doug Wright for their assistance with providing the material for preparing this Risk Assessment.**