

<i>Risk Assessment – Mountain Biking</i>			
Hazard	People Harmed	Risk Control	Further Action
<p>Slips/falls. Collisions. Head injury. Lost group/group members.</p>	<p>All participants</p>	<p>Instructors will be trained to NGB or Map Adventures standards in group management and instructional techniques appropriate to the level of the activity.</p> <p>Instructors will choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available.</p> <p>Group members will wear or carry clothing appropriate for the specific activity and venue.</p> <p>Group members will always wear safety helmets which meet the appropriate specifications.</p> <p>Group members will wear gloves suitable for the specific activity (i.e. full fingered gloves off-road)</p> <p>Group members will be briefed on hazards specific to the area being used and will be instructed in the skills and techniques needed to avoid them/deal with them.</p> <p>The instructor and the group will carry safety equipment appropriate for the specific activity and venue</p>	<p>Staff supervision and reinforcement throughout.</p>

Map Adventures Risk Assessment – Mountain Biking

Equipment	All Participants	<p>All equipment will meet current specifications and/or accepted standards where applicable and will be suitable for its intended use.</p> <p>Equipment will be regularly maintained and serviced. Instructors will carry a repair kit suitable for the activity.</p> <p>Instructors will visually check equipment at time of issue. If group members are using their own equipment the Instructor will ensure it is suitable for the expected conditions and nature of the activity.</p> <p>Instructors will make a final check of equipment prior to the activity starting ensuring that adjustments are made to suit the individual rider.</p>	
Traffic	All Participants	<p>Instructors will operate in accordance with the current highway and cycling codes ensuring that the group are briefed on specific traffic hazards and their avoidance.</p>	

Hazard	People Harmed	Risk Control	Further Action
Ill-fitting equipment	All participants	All participants to have their personal protection equipment checked by staff prior to beginning the session. Staff vigilance to ensure that equipment remains correctly fitted throughout the session.	
Extreme weather	All participants	<p>If lightning or other extreme conditions are to be expected the session must not proceed.</p> <p>If conditions manifest themselves during the session abandon and get the group to safety (generally minibus) as quickly as possible.</p>	Obtain weather forecast prior to session taking place.
Medical emergency	All participants	<p>First aid kit to be readily available, participants to bring their own medications to the location with them.</p> <p>Staff to carry an appropriate group shelter and survival bag in their safety kit.</p> <p>Location of local telephones to be known by supervising staff or mobile telephones to be carried throughout the activity</p>	

Site Specific problems – Birchen Edge			
Isolation	All participants	Participants to take clothing and food/water appropriate to the weather conditions. Sun block essential in hot weather.	
Road	All participants	Participants to be supervised while walking on the small road from the car park to the footpath entrance.	
Road	All participants	Participants to be supervised while walking on the road from the car park to the footpath entrance. Crossing the road to be organised by staff and the group to walk in	
Site Specific problems – Frogatt Edge / Stanage Edge / Curber Edge			
Road	All participants	Participants to be supervised while walking on the road from where the minibus is parked to the footpath entrance. Crossing the road if necessary to be organised	