

# Health and Safety Risk Assessment Form

<b>Site Ref:</b>	LGFA:0018	<b>Activity:</b>	Mountain Bikes	<b>Location:</b>	Kent Scouts Activity Centre, Lower Grange Farm, Maidstone.
<b>Scout F/S:</b>	Mountain Biking	<b>Area:</b>	Whole site outside	<b>Persons at Risk:</b>	Everyone
<b>NGB:</b>	British cycling and mountain biking	<b>Risk Assessor:</b>	Debbie Smith	<b>Date:</b>	11/05/2021

Risk Levels:- L = Low; M = Medium; H = High (Use L-M, or M-H to indicate intermediate risk levels, if necessary)  
(NB: Risk Levels in last column indicate anticipated scores after Action is taken)

**NOTE: This risk assessment must be read in conjunction with the “ACTIVITY COVID 19” risk assessment**

Hazard (What might cause harm?)	Risk(s) (What harm might be caused?)	Risk Level Before Action L/M/H	Current Control Measures and/or Action to Reduce/Eliminate Risk (Including action by whom and by when)	Risk Level After Action L/M/H
Untrained staff	Serious/minor injury	H	<ul style="list-style-type: none"> <li>• Instructor will have their MBT or in-house training and signed off with records held in the Activity Office</li> <li>• Additional training sessions to be run as needed.</li> </ul>	M-L
Unauthorised use of equipment	Serious/minor injury, cuts & bruises	M	<ul style="list-style-type: none"> <li>• The bikes are either supervised by a competent adult or kept locked away when not in use.</li> </ul>	L
Using feet on the floor to slow down and stop the bikes	Serious/minor injury, breakages, cuts & bruises	H	<ul style="list-style-type: none"> <li>• Participants instructed on how to brake using hand break during introduction</li> <li>• Instructor to observe test lap including the correct breaking method and remind participant if necessary.</li> </ul>	M
Collisions with other bikes/obstacles	Personal injury & damage to equipment.	H	<ul style="list-style-type: none"> <li>• When setting up the activity area instructor should ensure adequate space for bikes to overtake without collision.</li> <li>• Instructor to observe test lap and correct any reckless riding.</li> <li>• Safety brief given to identify risk to all participants by instructor from briefing notes held in Activity Office</li> <li>• Instructor to ensure bikes are suitable &amp; adjusted for the rider to ensure maximum control.</li> <li>• Riders must follow direction of travel as indicated by instructor</li> <li>• Helmets must be worn whilst on the bikes.</li> <li>• All equipment not in use should be removed from the track or area.</li> </ul>	M-L
Impact from bikes/spectators and waiting participants	Serious/minor injury, cuts & bruises	H	<ul style="list-style-type: none"> <li>• Perimeter of bike track area is clearly defined and explained during safety brief.</li> <li>• Activity supervised by responsible adult</li> <li>• Spectators advised to be vigilant.</li> </ul>	M
Entrapment	Serious/minor injury, cuts & bruises	M	<ul style="list-style-type: none"> <li>• Care to be taken when taking out/returning bikes to the storage</li> </ul>	L

				area.			
				<ul style="list-style-type: none"> <li>Loose clothing should be removed or tucked away when on the bike.</li> </ul>			
Bike failure		Serious/minor injury, cuts & bruises	M	<ul style="list-style-type: none"> <li>Bikes must be checked by instructor prior to use and at the end of the session. Follow bike check sheet.</li> <li>Bikes to be serviced weekly when in use and recorded.</li> </ul>	L		
<b>Signed:</b>	D Smith	<b>Risk Assessor</b>	Debbie Smith	<b>Signed:</b>	J Lucas	<b>Manager</b>	Jamie Lucas
<b>Date:</b>	11/05/2021			<b>Date:</b>	21/05/2021	<b>Review Date:</b>	<b>May 2022</b>