



ADVENTURE PIRATE
MOUNTAIN BIKING RISK ASSESSMENT

Mountain Biking	Completed by: James Short – Adventure Pirate LTD
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Required Instructor Competence	• DBS Checked • Experienced and trained in delivering activities • First Aid (min 16 hours) • MIAS Level 1 or above
Ratios	• 1:8 -Ratios must be reduced to meet the needs of participants where appropriate

N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment

Hazard	Harm	People at risk	Measures.	Who is responsible?
Falling off bike caused by: Poor balance, Wet surface, Steep descents, Loose surface, Vehicles, too close to the person in	Slips, Cuts, Head Injuries, strained backs, fractures	All	Participants must wear bicycle helmets • Instructor to provide health and safety briefing(s) and leadership to prevent injuries in accordance with their NGB qualifications. • Instructor to consider group competence when coaching. • Instructor may do a competence test before riding from the start point. • When cycling on roads, extra care should be	Adventure Pirate Instructors



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front, Equipment Failure, Too much speed			taken and the highway code should be followed. • Instructor must ensure all bikes are safe, checked in accordance with NGB qualifications and training. before participants ride. • Instructor to carry first aid kit.	
Weather conditions - Cold, wet days. Hot, sunny day. Long rides Inappropriate clothing.	Hyperthermia/Hypothermia	Participants and instructors	Appropriate clothing / equipment to be worn / carried. • Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc. • Stops for food and drink should be made at least every hour of activity. • Appropriate group safety equipment to be carried - e.g. shelter, warmth etc.	Adventure Pirate Instructors
Bike/equipment failure: Brake pads worn Derailleur snapped Punctures Pedal snapped	Personal Injury - Cuts, bruises, fractures, sprains.	Participants and instructors	Full bike check to occur prior to session. Instructor/group must carry a repair kit appropriate to the level/length of ride	Adventure Pirate Instructors



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No breaks Faulty gears				
Incompetent instruction by instructors	Death from falling, head injuries, fractures, sprains, cuts, bangs and bruises	Participants and instructors	Instructors to be fully trained and/or hold a relevant NGB certificate in climbing instruction. Instructors to follow training and SOPs	Director Adventure Pirate.
		Participants and instructors		Adventure Pirate Instructors
Rubbish, debris on track	Personnel injuries from falling off bike and damage to bikes	Participants and instructors	Instructors to check track prior to use for any debris/anything that could cause injury or damage to people or bikes.	Adventure Pirate Instructors

Major First Aid Procedure:

Call 999 for help
 Instructor in charge starts first aid on casualty
 One assistant removes other participants from scene
 Inform party organiser of incident
 Record incident

Emergency telephone number: 07920162549

Emergency services: 999/221

Nearest A&E: Poole General Hospital, Longfleet Rd, Poole BH15 2JB. Tel: 01202 665511

The Royal Bournemouth General Hospital, Castle Lane East, Bournemouth, Dorset. BH7 7DW [Tel:01202 303626](tel:01202303626)