

ACTIVITY	9. MOUNTAIN AND OFF ROAD BIKING
HAZARDS	<ul style="list-style-type: none"> ▪ Falls ▪ Collisions • Traffic
RATIOS	1:12 plus another responsible adult
QUALIFICATIONS	<ul style="list-style-type: none"> • See Adventure Activity Matrix
CONTROL MEASURES	
<ul style="list-style-type: none"> • All participants must wear helmets. • Appropriate protective clothing, gloves are recommended • Careful route selection appropriate to the entire group. • Strict group control methods shared with all participants before departure. • Caution on long downhill sections. • Initial practical test of group ability and bike safety before departure from start point. • Safety checks to include brakes, wheels and headsets. • Leadership ability, experience and technical skills higher than those required for the chosen route. • Follow the Country Code and Mountain Biking Code. 	
NOTES	
<ul style="list-style-type: none"> • This activity carries a significantly higher likelihood of risk of injury. It is often falsely assumed that if an individual can ride a bike then they can ride off road safely. • Effective group control is more difficult than with other activities. • The term 'mountain' biking can give a false impression of the terrain best suited to this activity. • Leaders planning to cycle with groups in wild country areas must hold the relevant walking leadership award for the terrain – see Adventure Activity Matrix • Mountain biking may be perceived as having greater environmental impact than other activities. It is important to cycle only on designated bridle paths and byways and not to contravene local agreements. • The Forestry Commission has created a variety of mountain bike trails in a number of forest areas. These are generally well planned, graded and mapped. 	

SCHOOL RISK ASSESSMENT FORM

PERSONS AT RISK

DEGREE OF RISK
SEVERITY LIKELIHOOD

RISK RATE

NAME of ASSESSOR: ANGELA RULLI/MORE
 ACTIVITY / SITUATION: MEADOWS BIKING
 SITE LOCATION:
 RISK ASSESSMENT REF. NO. SHEET of

TASK/ PREMISES/ EQUIPMENT	Haz No.	HAZARD IDENTIFIED	EM P L O Y E E S	P U P I L S	C O N T R A C T O R	P U B L I C	O T H E R S I T E	D E A T H / P E R M I S S I O N	M A J O R I N J U R Y	> 3 D A Y A B S E N C E	M I N O R I N J U R Y	P R O P E R T Y D A M A G E	V E R Y L I K E L Y	L I K E L Y	P O S S I B L E	U N L I K E L Y	V E R Y U N L I K E L Y	S C O R E	R I S K L E V E L
	1	ROAD TRAFFIC ACCIDENT	✓	✓		✓		5	4	3	2	1	5	4	3	2	1	15	M
	2	EXCESSIVE SPEED	✓	✓							✓				✓			6	L
	3	COLLISION BETWEEN BIKES	✓	✓						✓					✓			9	M
	4	HYPOTHERMIA	✓	✓				✓						✓				12	M
	5	ICE, SLIPPERY/LOOSE SURFACES	✓	✓				✓							✓			15	M
	6	MECHANICAL FAILURE	✓	✓											✓			12	M
	7	LEADING TO FALL/COLLISION	✓	✓											✓			12	M
	8	COLLISION WITH ADVANCED PEDESTRIANS	✓	✓											✓			9	M
	9	DRUGGERS REMAIN LEADING TO A FALL	✓	✓											✓			15	M
	10																		

Risk Scores 1-8 Low (L) 9-15 Medium (M) 16-25 High (H)

Mountain Biking

Venue – A number of areas in North Yorkshire

Staffing

- Those leading a mountain bike group must have a summer mountain leaders award or have the appropriate LEA assessment for that area (see 1-5 on Definition of Categories).
- Those leading groups on terrain within categories 1 to 3 must have attended an in-house training course in mountain bike leadership and have been assessed as competent to lead groups in those categories.
- Those leading groups on terrain within categories 4 to 5 must have attended a mountain bike leader training course and have been assessed as competent to lead groups in those categories.
- An adult in the group must hold a current first aid certificate.

Staff to Student Ratio

Staff ratio of 1 teacher to a maximum 12 students should be used. These should normally be accompanied by a responsible adult.

Students

- All riders should wear a helmet
- Students should be fully briefed on how to use the bikes, in particular the brakes and gears
- The dangers of off road and on road riding should be pointed out to all group members
- Riders should understand about the environmental impact of mountain biking
- Countryside users and code (ie bridleways)

Terrain

Riders must stay in control of the bike, and must be able to stop for unexpected and expected hazards such as potholes, bumps, loose stones, animals and vehicles. The group leader could control the speed by riding at the front of the students where appropriate. The group should be instructed to dismount when necessary for safety reasons

Equipment

Personal Equipment

To be used or carried by each group member

- Bike
- Helmet to BS, ANSI or Snell standard
- Lights if appropriate
- Suitable clothing appropriate to seasonal and weather conditions, including spare clothing and waterproof
- Inner tube and pump if possible
- Water bottle
- Personal medical requirements
- Whistle
- Day rations and emergency food

Group Equipment

To be carried by the leader or distributed amongst the stronger group members for carrying purposes

- Spare inner tubes
- Pump to suit both presta and schrader valve types
- Puncture repair kit
- Split tyre patch(es)
- Group shelter or exposure bag
- Suitable emergency clothing such as sleeping bag, Duvet jacket etc and woolly hat
- First aid kit
- Map and compass
- Emergency whistle
- Torch or lights
- Watch
- List of emergency telephone numbers for services in the area
- Change for the telephone
- Mobile phone if available. It should be remembered that mobile phones have a limited reception, especially in the hills, and they also run on batteries of limited life. They can prove useful, but should not be relied upon
- Route card
- Emergency food
- Pen and paper
- Accident report form
- Tool kit comprising:
 - Multi tool
 - 3,4,5,6mm allen keys
 - 8,9,10mm spanners
 - Chain link extractor
 - Crank bolt tool
 - Small screwdriver
 - Pedal spanner
 - Spoke key
 - Nylon tiewraps (a handful in a variety of lengths)

You may choose or be required to carry more than this list under certain conditions

Pre Ride Bike Check

To confirm the suitability of a mountain bike before a ride, question and check the following:

- 1 Are the frame and wheels strong enough to withstand general riding on the terrain on which it is to be taken?
- 2 Do the tyres have sufficient width, depth and tread?
- 3 Is the range of gears sufficient to prevent prolonged walking?
- 4 Are the brakes safe and powerful enough for the terrain?
- 5 Is the bike maintained to a satisfactory condition sufficient to enable safe riding?

To confirm the bike maintenance standard, complete the following checks:

- 1 Handlebars and stem:
Check both are tight
- 2 Headset: Check it is correctly adjusted. Those bikes with suspension forks turn the bars sideways to check the headset
- 3 Wheels: Check for true and loose hubs
Check quick release levers or axle nuts
Check tyres have no cuts or abrasions and are sufficiently inflated
- 4 Brakes: Check brake block condition and adjustment of the rims
Check appropriate adjustment of brake cable for levers
Check the condition of the cables
- 5 Gears: Check operation of the front and rear gear mechs – the chain should not fall off
Check indexing of gears
Check condition of cables
- 6 Pedals, cranks and bottom bracket:
Check pedals and crank rotate freely
Check for excessive movement in the pedal bearings and bottom bracket

Please note that the above list is not exhaustive, and other mechanical faults may be present or develop on bikes prior to or during a ride. Also ensure that you are competent to address and mechanical task you may undertake on your own or someone else's bike. Use a qualified mechanic or bike shop, or do not use the bike when not certain

Codes of Conduct

To enjoy the countryside at it's best, follow the mountain bike and country codes and the basic leadership guidelines below:

The Mountain Bike Code:

Only ride where you know you have a legal right
Always yield to horses and pedestrians
Avoid animals and crops. In some circumstances this may not be possible, at which times contact should be kept to a minimum
Take all litter home
Leave all gates as found
Keep noise down
Don't get annoyed with anyone, it never solves any problems
Always try to be self sufficient, for you and your bike
Never create a fire hazard

The Country Code:

Enjoy the countryside and respect it's life and work
Guard against all risk of fire
Fasten all gates
Keep dogs under close control
Keep to public paths across farmland
Use gates to cross fence, hedges and walls
Leave livestock, crops and machinery alone
Take your litter home
Help keep water clean
Protect wildlife, plants and trees
Take special care on country roads
Make no unnecessary noise