

# RISK ASSESSMENT: Mountain Biking

Completed by: Activities Management Team

Date: 18/12/2025

Review Date: 18/12/2026

What is the Hazard?	Who may be harmed?	How might people be harmed?	Risk Rating			Control Measures in Place	Remaining Risk		
			Probability	Severity	Risk		Probability	Severity	Risk
Slips, Trips and Falls	All	Cuts, bruises and lacerations	3	2	6	<ul style="list-style-type: none"> <li>All participants are instructed to wear appropriate footwear.</li> <li>Participants warned about potential trip hazards.</li> <li>Bikes stored neatly out of walkways</li> </ul>	1	2	2
Exposure/ Hypothermia and Sunburn	All	Sunburn, heatstroke	2	2	4	<ul style="list-style-type: none"> <li>Participants urged to make sure they have suitable clothing prior to the activity.</li> <li>Group advised to drink plenty of water.</li> <li>Sun cream applied when needed.</li> </ul>	1	2	2
Group Behaviour	All	Cuts, bruises and lacerations	3	3	9	<ul style="list-style-type: none"> <li>Group leaders are to ensure that the group is under control at all times.</li> </ul>	1	3	3
Lost Group Member(s)	All	Injury due to no supervision	3	4	12	<ul style="list-style-type: none"> <li>Group leader in charge.</li> <li>Group leaders are to perform regular head counts and have responsible persons at the front and tail of the group.</li> <li>Maps are available from reception for Group Leaders to have.</li> </ul>	2	4	8
Insects and Plants	All	Bites and stings	3	3	9	<ul style="list-style-type: none"> <li>Group to wear appropriate clothing (e.g. trousers).</li> <li>Group leaders to be aware of existing medical conditions.</li> <li>Group to take First Aid Kit.</li> </ul>	2	3	6
Contact with Other Road or Track Users	All	Injury to self and others, collision	4	5	20	<ul style="list-style-type: none"> <li>Group leader is to remain in control of the group during crossing roads, ensuring that it's done in a safe manner. Where possible road walking to be kept to a minimum.</li> <li>Group to use only designated cycle tracks and/or roadways where possible.</li> <li>All participants to wear High Visibility jackets during the activity.</li> <li>When passing horses, slow down and keep noise to a minimum.</li> <li>Group to carry cycle repair kit.</li> </ul>	2	5	10

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<b>Rider Falling off Bike</b>	All	Cuts, bruises and lacerations	3	4	12	<ul style="list-style-type: none"> <li>Brief group before their departure from site about how to use the bike and where to ride.</li> <li>All participants to watch and understand the mountain biking safety video.</li> <li>Group to have a first aid kit with them and mobile phone for more serious injuries.</li> <li>Advise group to ride within their capabilities.</li> <li>Helmets are to be worn by all parties using a bike.</li> </ul>	2	4	8
<b>Equipment malfunction</b>	All	Injury to self and others, collision	3	4	12	<ul style="list-style-type: none"> <li>All hire equipment is checked daily by the cycle hire company.</li> <li>Any faulty equipment found is recorded and then repaired or replaced.</li> </ul>	1	4	4
<b>Clothing Malfunction</b>	All	Clothing getting caught in moving parts	3	3	9	<ul style="list-style-type: none"> <li>Group briefed regarding dangers of loose clothing</li> <li>Group briefed to not wear clothing around their waist and laces are to be tied at all times.</li> <li>Elastic bands provided to hold in loose legwear where required.</li> </ul>	1	3	3
<b>Reaction from Stings/Bites</b>	All	Allergic reaction to sting or bite, anaphylactic shock.	3	5	12	<ul style="list-style-type: none"> <li>Any relevant medication to be carried during the activity.</li> <li>Group leaders to be aware of existing medical conditions.</li> <li>Wasps/wasp nests to be avoided where possible and participants warned.</li> </ul>	2	5	10
<b>Human Error</b>	All	Instructor complacency and loss of focus could put everyone at risk.	3	3	9	<ul style="list-style-type: none"> <li>All group leaders to hold a NGB qualification or relevant Scout permit or equivalent</li> <li>All instructors are aware of the risk assessments and operating procedures are stored.</li> <li>Where possible, instructors to only work the same session twice in one day.</li> <li>Instructors made aware of any changes to activity, via activity change sheet.</li> <li>Qualification refresher required every 5 Years.</li> </ul>	1	3	3

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Level	Likelihood Factor	Severity Description
1	Very Unlikely	Insignificant – No injury or No First Aid required.
2	Unlikely	Minor – Minor injuries requiring first aid such as cuts, grazes, bruising.
3	Fairly Likely	Moderate – Injuries resulting in up to three days' absence from work.
4	Likely	Major – Injuries resulting in a week or more absence from work, for example broken bones, deep cut etc.
5	Very Likely	Catastrophic – Amputations or Death.

Remaining Risk Level	Description
1-5	Very low, minimal risk, control measures more than adequate
5-10	Low, control measures satisfactory
10-15	Medium, control measures adequate
15-20	High, control measures need further consideration
20-25	Very high, intolerable, stop Job