

MOUNTAIN BIKING (SWINLEY FOREST)

LOCATION/ENVIRONMENT	Swinley Forest			
RELEVANT QUALIFICATIONS	Lead Instructor: BOB Mountain Bike Leader – Level 1 Assistants: Certified OYC volunteers who are competent and experienced mountain bikers.			
NGB GUIDELINES	BOB Mountain Bike Leader Syllabus			
		LIKELIHOOD OF OCCURRING IN NEXT YEAR	IMPACT IF OCCURS	OVERALL SCORE
		1 = Low, 2 = Med, 3 = High		
POTENTIAL RISKS	<ol style="list-style-type: none"> Hand Injury Head Injury Hypothermia Grazes Broken Limbs Crashes with other riders/ walkers Lost rider 	<ol style="list-style-type: none"> 2 1 1 2 1 2 2 	<ol style="list-style-type: none"> 2 3 3 1 3 2 2 	<ol style="list-style-type: none"> 4 3 3 2 3 4 4
WHAT EVENTS ARE LIKELY TO CAUSE THE ABOVE RISKS?	<ol style="list-style-type: none"> Fall from bicycle and landing on hands. Poorly maintained bicycle and equipment. Terrain not suitable for skill of riders. Fall from bicycle and landing on head. Poorly fitted helmet. Poorly maintained equipment. Terrain not suitable for skill of riders. Poorly equipped for the conditions. Small falls from bicycle. Collisions. Falls from bicycle. Poorly maintained equipment. Poor group control. Poor group control. 			
WHAT MEASURES HAVE BEEN TAKEN TO MINIMISE THE RISKS?	<ol style="list-style-type: none"> Equip all riders with properly fitted gloves regardless of the terrain. Equip all riders with a properly fitted helmet that must be worn at all times while riding a bike. Check helmets when issuing for correct fit. Inspect all bikes before session commences. Leaders must be familiar with the route prior to commencing the ride. This must include a risk assessment of the area that is understood by all accompanying adults. Ensure participants have suitable clothing for the conditions (waterproofs, warm layers for cold conditions / sunblock and sunglasses for hot weather). Teach appropriate skills and allow time for practice before moving to the next level. Keep group control tight and give cyclists space to manoeuvre. Emphasis the importance of speed control at all times. Teach appropriate skills and allow time for practice before moving to the next level. Keep group control tight and give cyclists space to manoeuvre. Lead Instructor is suitably qualified and experienced in group management and control. All bikes are equipped with bells to warn other forest users of the 			

	<p>presence of bikes.</p> <p>7. Group size kept to 1 qualified leader and at least 1 certified OYC volunteer who is a competent and experienced mountain biker to 12 clients.</p> <p>One leader to ride at the back, and one leader/volunteer at the front at all times.</p> <p>Give each member of the group a number, and number off at regular intervals during the ride.</p>
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