

Centre: N/A	Date: 26/06/2024	Last Review Date: 03/10/21
Risk Assessment: Mountain Biking / off-road cycling		Next Review Date: 12/7/25

Mountain Biking

Risk levels are given with and without control measured in place. The level in brackets is without control measures.

Significant hazards	What could go wrong	(Hazard) Risk level (High, Medium or Low)	Existing control measures	Further actions
Fall from bike	Injury / death	(High) Medium	Helmets must be worn, riders advised to wear further PPE (full face helmet, body armour, gloves) where appropriate. Routes to be chosen within skill level of riders attending. Riders to use their own judgment regarding what to ride and what to avoid.	
Stones, mud, twigs in eyes	Eye injury	(Medium) Low	Participants are encouraged to wear eye protection appropriate to the weather conditions and visibility.	
Collisions with other users	Injury to participant and members of the public	(Medium) Low	Ride on legal trails open to cyclists. Only pass other users when you are sure they have seen / heard you.	
Remoteness of location	Long wait in emergency situation	(High) Medium	See exposure	
Exposure	Hypothermia, Hypoglycaemia, Dehydration	(Medium) Low	All participants advised to carry adequate clothing (including waterproofs), food and water, plus spares / extra in case of emergency. Multiple members of group should have a phone.	
Getting lost (whole group)	Ride taking longer than planned. Getting dark in winter. Losing path. Becoming disoriented in bad weather	(Medium) Low	Group carries navigation aids, such as map, compass, GPS, smartphone.	
Losing individual participants	Unable to find the way back to vehicle / accommodation	(High) Low	Number of participants counted before ride begins and checked at junctions / forks by ride leader and others. Wait for everyone to catch up before continuing. Group to stay close together when practicable.	
Mechanical failure	Fall / Long walk back	(Medium) Low	Participants are encouraged to check their bikes after transportation and to service them / have them serviced regularly. Bikes must be fit for purpose, i.e. a working cross-country or	

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			downhill mountain bike. Participants are encouraged to carry a tool kit, spare inner tube and pump.	
Road traffic / train accident on the way to location	Injury / death	(High) Low	Obey the highway code.	
Car breakdown on way to location	Group / individuals stranded	(Low) Low	Drivers should have breakdown cover. All hire cars used by CUCC have breakdown cover as standard.	
Night (benightment)	Get lost in the dark	(Medium) Low	Participants encouraged to carry torch / bike light. Head torches provide a useful backup and are hands-free. Plan rides to avoid nightfall.	

Members participating in Mountain Biking trips are required to sign the following statement

The Cambridge University Cycling Club organizes Mountain Biking trips. Its primary function is to facilitate the planning of trips by bringing together cycling enthusiasts. We cycle together as a group of friends. Each person is responsible for their own safety and the implementation of the control measures described in the club risk assessment. In practice this means bringing appropriate kit (see mountain biking kit list) and judging your own abilities. For practical reasons, a “ride leader” who is familiar with the route may be assigned. They are not a qualified guide and carry no legal responsibility for the rest of the group. Although risks can be reduced, mountain biking remains a potentially dangerous activity.

Members participating in Mountain Biking trips are provided with the following kit list in order to implement the control measures described above

- Bike in working order
- Helmet (consider also items of body armour, such as knee-shin and elbow/forearm guards, torso and back protectors, especially if undertaken downhill mountain biking or freeride, see below).
- Puncture repair kit / Tools / Spare tube(s) / Pump
- Sunglasses / Eye protection
- Personal First Aid kit
- Food and water plus spare

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- Layered clothing plus hat and gloves – always bring one layer more than you think you’ll need in case of emergency.
- Waterproofs
- Clothes to change into for the drive home (and shoes for drivers)
- Map/Compass/GPS/Guidebook
- Bike light / Torch (for emergency use)
- Mobile phone
- Small amount of cash/debit card
- Survival bag / blanket
- Whistle (for emergencies)

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PERSONAL PROTECTIVE EQUIPMENT (PPE)

Eye Protection	Yes		Type/standard: Sunglasses/glasses (ideally sports specific)
Ear Protection		No	Type/standard: N/A
Overalls		No	Type/standard: N/A
Gloves	Yes		Type/standard: Gloves may be used to reduce injury to hands in case of a fall and for general comfort, long fingered recommended
Respiratory Protection		No	Type/standard:
Other	Yes		Specify: Helmets to be worn for head protection (full-face helmet for downhill mountain biking events/trips. For downhill mountain biking participants should consider the use of a suitable heavy-duty, full suspension bike, body armour, and a full-face helmet.

HEALTH SURVEILLANCE

Not applicable

EMERGENCY PROCEDURES

In the case of a crash or accident, uninjured riders will assess the situation. They will decide whether it is necessary to call emergency services. All riders are encouraged to carry a mobile phone and personal first aid kit. If there is no mobile phone signal part of the group will stay with the casualty whilst others go to get help/signal. Mountain rescue can be reached by dialling 999 and asking for the police. An appropriate signal with a whistle / torch is six blasts / flashes, to be repeated every minute. The reply from rescuers would be three blasts / flashes. The six blasts / flashes should be continued until help arrives and should not be stopped if a reply is heard.

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Any special First Aid Measures required?
No

ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date
H. Fox	Helen M Fox	28/01/14	Michael Bennett	M. Bennett	31/01/14

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
John Mulvey	John Mulvey	16/10/15	Added that riders are advised to wear full face helmet, body armour and gloves where appropriate.
Rob Walker	Rob Walker	19/03/19	Added further notes regarding the carrying of smartphones and some form of money. Clarified wording of various control measures. Completed '(Hazard) Risk Level' fully.
George Spooner		03/10/21	Added COVID RA information.
Maddie Angwin	M.Angwin	12/07/23	Removed COVID RA information

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Risk Assessment		Next Review Date: 12/07/25

Track Trip Risk Assessment

Significant hazards	What could go wrong	(Hazard), Risk <i>chance of it occurring</i>	Existing control measures	Further actions
Personal Injury (collision): Injury / death	Fall from bike/collision with other riders	(High) Low	<ul style="list-style-type: none"> Members and riders have agreed they have read the CUCC Handbook, which contains relevant control measures and the CUCC Health and Safety Policy. Link to the Track info on CUCC website. Tracks are public venues with qualified first aiders on hand and suitable first aid provisions. When hiring velodrome, a qualified coach is always present during session to assess if a rider poses a risk due to lack of skill, awareness, fitness etc. Riders encouraged to wear an underlayer on top half to minimise skin abrasion in event of a fall. 	
Personal Injury (non-collision): Ligament/knee damage etc	Overexertion on bike, poor bike fit	(Low) Low	<ul style="list-style-type: none"> Riders advised to seek professional bike fit. Rider to withdraw from training session. 	
Fall	Mechanical failure	(Medium) / Low	<ul style="list-style-type: none"> Participants are encouraged to check their bikes and have them serviced regularly. If using hire bikes, can swap for one that is mechanically sound. Qualified coach running session will typically check over bikes before going onto the track. Riders encouraged to wear an underlayer on top half to minimise skin abrasion in event of a fall. 	

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Required kit

Rider's individual responsibility to provide and bring to training rides.

- Bike in working order (if not hiring track bike)
- Helmet
- Cycling mitts
- Suitable clothing, including an underlayer to reduce risk of abrasion in event of a crash.
- Personal First Aid & medication as deemed necessary.
- Food and water

EMERGENCY PROCEDURES

In the case of a crash or accident, uninjured riders, qualified coach and the qualified first aiders on site will assess the situation.

ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date
John Mulvey		01/10/16			1/10/16

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
George Spooner		03/10/21	Added COVID-19 control measures.

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Maddie Angwin	M.Angwin	12/07/23	Removed COVID-19 information
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Cambridge University Cycling Club	Date: 26/6/24	Last Review Date: -
Risk Assessment		Next Review Date: 16/9/25

General, applies to all club riding events

Significant hazards	What could go wrong	(Hazard), Risk chance of it occurring	Existing control measures	Further actions
Travel	Collision while travelling, getting lost	(High), Low	<ul style="list-style-type: none"> • Ensure all vehicles are insured and loaded correctly. • Ensure all drivers are unformed of the route and are confident in making the journey. • Sports centre to be informed about all overnight trips and separate risk assessment produced by the trip leader and safety officer. 	
Injuries, illness and infection	Potential to worsen	(Medium), Low	<ul style="list-style-type: none"> • Encourage those affected to not participate in riding activities due to the increased risk of getting into difficulty. • To return, with company, back to Cambridge by the safest mode of transport if sudden flare of injury. 	
Head injury	Concussion	(High), Low	<ul style="list-style-type: none"> • Safety officer to undergo sports centre training, which includes a section on concussion. • Safety officer to test for concussion, if not present symptoms should be looked up by the ride leader. • Return to Cambridge by the safest mode of transport if concussion is considered likely. 	
Doping	Doping	(Low), Low	<ul style="list-style-type: none"> • CUCC has a zero tolerance policy to doping. 	
Weight management	Eating disorders	(Medium), Medium	<ul style="list-style-type: none"> • Encourage discussion of proper nutrition. • Anyone with concern should contact the club welfare officer. 	
Alcohol	Impaired actions	(Low), Low	<ul style="list-style-type: none"> • Zero alcohol allowed on all official training rides. 	

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Risk Assessment		Next Review Date: 16/9/25

ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
Maddie Angwin	M.Angwin	12/07/23	Created

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Road Training Rides

Significant hazards	What could go wrong	(Hazard), Risk chance of it occurring	Existing control measures	Further actions
Personal Injury (collision): Injury / death	Fall from bike/hit by car/collision with other riders	(High) Low	<ul style="list-style-type: none"> • Members and riders have agreed they have read the CUCC Handbook, which contains relevant control measures. Applies to all hazards. • Riders must carry mobile phones • Nearest public building will have first aid. Dial 112 if serious. • Group sizes advised not to exceed 9. • Training sessions run on how to cycle in a group. 	Link to relevant sections of highway code are on the website
Hypothermia	Exposure, getting lost, dropping riders	(Medium) Low	<ul style="list-style-type: none"> • All participants advised to carry adequate clothing (including waterproofs if rain forecast) and a spare layer. • Curtail or cancel rides if temperature suddenly drops or very low temperatures are forecast. • Other members donate clothing. Keep moving. Call 112 if bad. • Members to carry smartphones/GPS devices as recommended. • Ride leader guidance in CUCC Handbook to do occasional head counts. 	
Heat Stroke	Hot weather, lack of water	(Medium) Low	<ul style="list-style-type: none"> • Take sufficient water on hot days. Wear sun cream. • Do not go out if temp exceeds 30°C. • Other riders donate water. 	
Personal Injury (non-collision): Ligament/knee damage etc	Overexertion on bike, poor bike fit	(Low) Low	<ul style="list-style-type: none"> • Drop pace of the group. • Get a taxi back if really bad. • Riders advised to seek professional bike fit. • Riders told to rest if suffering from injuries affecting performance 	
Eye injury	Stones, mud, twigs in eyes	(Medium) Low	<ul style="list-style-type: none"> • Participants are encouraged to wear eye protection appropriate to the weather conditions and visibility. 	

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			<ul style="list-style-type: none"> • Mudguards are advised in winter months when roads are particularly dirty. 	
Fall / Long walk back/exposure	Mechanical failure	(Medium) / Low	<ul style="list-style-type: none"> • Participants are encouraged to check their bikes and have them serviced regularly. • Participants are encouraged to carry a multi tool, spare inner tube and pump, along with a mobile phone and some money in the club handbook. • Group should wait and help. 	
Crashing in the dark (also see <i>Exposure</i>)	Night	(Medium) Low	<ul style="list-style-type: none"> • Participants encouraged to carry at a front and rear light. • Weekend rides scheduled to get back well before dark. 	

Required kit

Rider's individual responsibility to provide and bring to training rides.

- Bike in working order with decent tyres
- Helmet
- Puncture repair kit / Tools / Spare tube(s) / Pump
- Sunglasses / Eye protection
- Personal First Aid & medication as deemed necessary. It is impractical for a ride leader to carry a large first aid box on a bike.
- Food and water plus spare
- Layered clothing plus hat and gloves – always bring one layer more than you think you'll need in case of emergency.
- Waterproofs
- GPS/smartphone/Garmin
- Small amount of cash/debit card
- Bikes light if a chance ride will run into the evening
- Mobile phone

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John Mulvey		01/10/16			

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