

Centre: N/A	Date: 12/07/2023	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