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| **Mountain Biking** |

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

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| **Significant hazards** | **What could go wrong** | **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** | **Low** | **Ride on legal trails. 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.** |  |
| **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.** |  |
| **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. 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 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** | **Low** | **Obey the highway code.** |  |
| **Car breakdown on way to location** | **Group / individuals stranded** | **Low** | **Drivers should have breakdown cover** |  |
| **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.** |  |

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).
* Puncture repair kit / Tools / Spare tube(s) / Pump
* Sunglasses / Eye protection
* Personal First Aid kit
* 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 (!)
* Clothes to change into for the drive home (and shoes for drivers)
* Map/Compass/GPS/Guidebook
* Bike light / Torch (for emergency use)
* Mobile phone
* Survival bag / blanket
* Whistle (for emergencies)

 **PERSONAL PROTECTIVE EQUIPMENT (PPE)**

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| Eye ProtectionEar ProtectionOverallsGloves  | YesYes | NoNo | Type/standard: Sunglasses/glassesType/standard:Type/standard:Type/standard: Gloves may be used to reduce injury to hands in case of a fall and for general comfort |
| Respiratory ProtectionOther  | Yes | No | Type/standard:Specify: Helmets to be worn for head protection.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 SURVEILLENCE**

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| **Not applicable** |

**EMERGENCY PROCEDURES**

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| 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 dialing 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. |
| Any special First Aid Measures required?No |

### **ASSESSOR**

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| **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**

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| --- | --- | --- | --- |
| **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. |
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