

Lineham Farm Children's Centre – Activity Risk Assessment

Activity : Cycling

Location: Lineham Farm to Local Lanes and Trails.

Hazard	F	S	R	Action Taken	F	S	R
User	3	5	15	Clear safety talk/rules, (no stunts). Cycle test to check riders ability and cycle fit. Steps to prevent loose clothing catching in bike parts	1	5	5
Participants' known medical condition, e.g. asthma, hay fever, allergy	2	5	10	Check medical forms, relevant preventative medication to be taken before session, reliever medication to be carried at all times, e.g. asthma inhalers, epipen	2	1	2
Weather conditions eg visibility, wind, temperature, precipitation	2	5	10	Suitable clothing/equipment eg fluorescent bands, bibs, lights. Rescue pack carried. Ride is suitable for group. Weather forecast/awareness. Group control, walk if necessary. Be prepared to abandon the ride. Avoid woodland areas if wind strength in region of 35mph or above.	1	5	5
Lightning	1	5	5	See Risk Assessment 36 - Lightning	1	4	4
Other users				Aware of other users and procedure if encountered.			
- Road	3	5	15	Stop, give way when necessary	2	5	10
- Off-road	3	4	12	Stop, give way when necessary. If passing horse riders must communicate prior to passing	2	4	8
Cycling - Falling	3	5	20	Maintain control – keep a safe distance. Adult to control speed on descents. Keep group together by having an adult front and rear at all times when on any road.	2	5	10
Fatigue	2	3	6	Regular stops and constant assessments. Carry food and drink.	1	3	3
Equipment failure	2	5	10	Regular maintenance. Carry a tool and repair kit.	1	5	5
Accidents	3	5	15	Aware of land lines. First aid qualification and mobile phone.	3	5	15
Missing person	1	5	5	Apply missing person procedure	1	5	5

Maximum Supervision Ratio: 1 : 8 + supporting adult who must be a competent cyclist

First Aid Kit Carried YES

Supervisor Qualification: OTC Trail Leader/ MIAS Level 2 or LEA Registration for MTB 1st aid

Essential Safety Equipment: Helmets. Mobile phone and land line access. Rescue pack and tool and repair kit.

Other Comments: Mobile Phone must be carried. Leader to follow operating procedures for this activity.

Manager Approval: **T. Glindon**
Reviewed 25.10.16 **Giles Green**
Reviewed 12/09/18 **P Winterbottom**
Reviewed 04/10/19 **T Glindon**

Review date (12 months or following any significant change or an incident)

Frequency Rating (F)

1 = Extremely unlikely to happen, risk will be encountered very occasionally (if ever) but is still worth consideration.

2 =

3 =

4 =

5 = Extremely likely to happen, risk will be encountered most times the activity is run.

Severity Rating (S)

1 = Bruises, minor cuts, abrasion.

2 = Sprains, burns, cuts.

3 = Broken bones, head injuries, damage to sight/hearing.

4 = Severe head injury, multiple fracture, amputation.

5 = Death, severe disability.

Risk (r)

r = F x S