

Lineham Farm Children's Centre. Risk Assessment for: Cycling – Indoors in Playbarn.

Approved by: T. Glindon

Reviewed 28.10.15 Penny Pinn/ Paul Winterbottom, Reviewed 12/09/18 Paul Winterbottom Reviewed 04/10/2019 Tamzin Glindon

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

| What are the hazards? | Who could be harmed and how? | What are the control measures | Risk rating | What further actions are required? | Action by whom? | Action by when? | Date done |
|---------------------------------------|------------------------------|--|-------------|------------------------------------|-----------------|-----------------|-----------|
| User | All | Clear safety talk given. Medical forms checked. Relevant medication carried. Correct clothing worn especially to avoid loose clothing catching in bike parts. | 2 | | | | |
| Injury by crashing into objects | Participants | Hazards removed or shifted. Participants warned of potential hazards to avoid. Instructor observation and setting direction and speed. | 2 | | | | |
| Injury by falling off | Participants | Instructor assesses participants and gives careful instruction at appropriate level. Instructor teaches use of brakes and gears. Instructor controls speed if necessary. | 2 | | | | |
| Injury by crashing into others | All | Instructor restricts number riding at any one time by using pit area. One-way system is used for riding. Instructor controls speed as necessary. | 2 | | | | |
| Injury by falling off skills elements | Participants | Instructor teaches techniques building up from the easiest elements. Participants control speed and only tackle elements they feel reasonably confident on - gradually building up ability. | 2 | | | | |
| Fatigue | All | Regular rests and constant assessment of state of group. Water available in water bottles. Break for food and drink | 2 | | | | |
| Equipment failure | All | Regular maintenance. Pre-ride checks. Tools and repair kit carried | 2 | | | | |

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

Supervisor qualification: OTC Trail Leader or LEA Registration for MTB or LF Competency Statement and 1st aid qualification

Other Comments: Cycling safety Sack and mobile phone carried. Leader to follow operating procedures for this activity.

2.6 Risk assessment calculator

Likelihood

The likelihood of something happening can be graded as:

- 1** = Low (seldom)
- 2** = Medium (frequently)
- 3** = High (certain or near certain)

Severity

The severity of injury if something does happen can be graded as:

- 1** = Low (minor cuts and bruises)
- 2** = Medium (serious injury or incapacitated for 3 days or more)
- 3** = High (fatality or a number of persons seriously injured)

| | | | | |
|-------------------|----------|----------|-----------------|----------|
| | 3 | 3 | 6 | 9 |
| Likelihood | 2 | 2 | 4 | 6 |
| | 1 | 1 | 2 | 3 |
| | | 1 | 2 | 3 |
| | | | Severity | |

Risk rating

- 1 – 2 = low priority
- 3 – 4 = medium priority
- 6 – 9 = high priority