

Risk Assessment: Malvern Hills Social MTB rides

Malvern Cycle Sport

Title: Malvern Hills Social MTB	Assessment Date: 30/07/2019	Risk Assessor: Matt Nixon
Reference: MTB/001	Others involved: Jenny Parkes, Justin Dawkins, Doug Ridley	
Activities: Sunday Social MTB, Friday Social MTB		People at risk: Club members, Members of the public

Riders	Estimated Number: 8	Ability: Mixed	Age: 14+
Route	Approximate length: 16 kilometres	Approximate height gain: 500 metres	
Other users: Walkers, Runners, Horses, Dog-walkers, Other cyclists			
Route: Trails on the Malvern Hills. Occasional road sections to link trails.			

Hazard:	Fall from bike due to terrain
Control measures:	
<ul style="list-style-type: none">Route chosen given the ability of ridersStop and brief group before any technical sectionsConsider riding at the front of group on descents to control speed of groupEnsure all riders wear a helmetRecommend the wearing of glovesConsider the need for further protective clothing	

Hazard:	Collision between riders
Control measures:	
<ul style="list-style-type: none">Recommend adequate spacing between riders, particularly on descentsGive guidance on safe braking technique if considered necessary	

Hazard:	Collisions between rider and other trail-user
Control measures:	
<ul style="list-style-type: none">Avoid busy times of the day, or busy trails at popular times of the dayBrief new members of the group on likely trail-users to be encounteredKnow and follow guidance on club website (Etiquette – MTB: https://malverncyclesport.org.uk/riding/etiquette-mtb/)	

Hazard:	Accident caused by mechanical fault
Control measures:	
<ul style="list-style-type: none"> • Standard disclaimer in ride promotion (see below) • Riders asked to check bikes before ride commences • Monitor riders and be alert to common faults • Pre-empt problems by stopping the ride and dealing with fault if possible • Arrange for riders to leave the ride if a significant fault cannot be fixed on the trail • Know and follow guidance on club website (Etiquette – MTB: https://malvernccyclesport.org.uk/riding/etiquette-mtb/) • Point riders towards guidance on club website (Etiquette – MTB: https://malvernccyclesport.org.uk/riding/etiquette-mtb/) 	

Hazard:	Delay caused by mechanical fault
Control measures:	
<ul style="list-style-type: none"> • Riders asked to check bikes before ride commences • Monitor riders and be alert to common faults • Pre-empt problems by stopping the ride and dealing with fault if possible • Recommend and carry clothing appropriate for the conditions and possible delays • Know and follow guidance on club website (https://malvernccyclesport.org.uk/riding/etiquette-mtb/) • Point riders towards guidance on club website (Etiquette – MTB: https://malvernccyclesport.org.uk/riding/etiquette-mtb/) 	

Hazard:	Medical emergency
Control measures:	
<ul style="list-style-type: none"> • Riders asked to disclose any pre-existing medical conditions • Riders carry membership card with ICE details • Riders advised to carry a First Aid kit • Ride leader carries a mobile phone 	

Hazard:	Dehydration and hyperthermia
Control measures:	
<ul style="list-style-type: none"> • Riders carry water • Check weather forecast prior to leaving • Choose shaded trails where possible when hot • Control group speed to avoid over-exertion • Pub or café stops planned 	

Hazard:	Hypothermia
Control measures:	
<ul style="list-style-type: none"> • Check weather forecast prior to leaving • Recommend and carry clothing appropriate for the conditions and possible delays • Ride leader carries group shelter when conditions dictate it • Plan escape routes or a shorter ride 	

Hazard:	Inclement weather
Control measures:	
<ul style="list-style-type: none"> • Check weather forecast prior to leaving • Cancel ride if thunder and lightning likely • Cancel ride if strong winds likely • Be alert to the likelihood of fallen trees / branches after windy weather • Recommend and carry clothing appropriate for the conditions 	

Hazard:	Group separates
Control measures:	
<ul style="list-style-type: none"> • Maintain regular contact with the group • Provide clear instructions • Carry out a head-count at key navigational points • Appoint an assistant to ride at the back of the group when there are six riders or more 	

Hazard:	Navigational error
Control measures:	
<ul style="list-style-type: none"> • Plan a route based on known trails • If lost, retrace steps to last known point 	

Hazard:	Roads and traffic
Control measures:	
<ul style="list-style-type: none"> • Plan a route to minimise the need to ride on the road • When riding on the road, follow the Highway Code • Riders asked to bring lights if time of day or weather conditions dictate it • Point riders towards guidance on club website (Etiquette – MTB: https://malverncyclesport.org.uk/riding/etiquette-mtb/) 	

Hazard:	Intoxication
Control measures:	
• Limit time spent in the pub	

Hazard:	Young and inexperienced riders
Control measures:	
• All riders must be competent at a level equivalent to the Level 2 Cycle Training Standards	
• Ensure club has a signed parental consent form for riders under the age of 18, unless riding with parent	
• Ensure someone takes responsibility for riders under the age of 18, using someone with a DBS check if possible	
• Ensure riders under the age of 18 are not left alone during the session	

Incident Reporting:

- In the event of a significant incident or significant near miss, the Ride Leader should complete the incident reporting form and present this to the Risk Assessor. This should be considered, and any action required discussed, agreed and taken. The Risk Assessment will then be updated if appropriate.
- We welcome feedback on our rides, and as well as knowing what goes well, Ride Leaders welcome riders raising thoughts or concerns that could improve the risk assessment.
- All riders are asked to carry their membership card with ICE details on all rides.
- All riders are asked to read and understand information about insurance on the club website (<https://malverncyclesport.org.uk/about-us/insurance/>)

Standard disclaimer (MTB)

Riders must be aware of the risks involved in mountain biking and it is their responsibility to decide if they are capable of joining. Bikes must be in a safe working condition and helmets must be worn. Riders should make their own choice about clothing based on the conditions and forecast. It is recommended that riders carry a First Aid kit, especially if they have received training. Admin and event hosts cannot be held responsible for riders' safety.