

AOAC Cycling Risk Assessments

Trail and Mountain Biking

Risk to: Instructors/Group members

Hazard	Risk	Control measures
1. Cycling activity	Slips/falls. Collisions. Head, eye or other injury Lost group/group members.	Leaders will be approved according to the standard operating procedures . <i>(see below in list)</i> Leaders will advertise the activity including the nature of the activity and the ability level required. (as described in the SOP) Group members will wear or carry clothing appropriate for the specific activity and venue. Group members will always wear helmets for off road cycling and are strongly advised to wear helmets for on road cycling. Leaders will explain to group members how the group will be kept together (e.g. back marker, each person ensuring the route is seen by the person behind, sharing phone numbers) Group members will be briefed on hazards specific to the area and terrain and helped to make decisions about speed, riding or walking depending on their experience and abilities. The leader and/or the group will carry safety equipment appropriate for the specific activity and terrain and be confident about what to do in an emergency.
2. Equipment	Unsuitability. Failure. Damaged. Poorly maintained	Participants are encouraged to regularly maintain and service their bikes. Participants will be expected to carry basic repair equipment (spare inner tube, puncture repair kit). Leaders will advise participants if they think their bikes are not road worthy.
3. Traffic	Collisions	Leaders will operate in accordance with the current highway and cycling codes ensuring that the group are briefed on specific traffic hazards and their avoidance.
4. Weather conditions	Possible increased risk level. Cold. Hypothermia. Wind. Sunburn. Rain	Leaders will obtain information on weather and other relevant factors and decide how to adapt the activity accordingly. Leaders will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Or if participants don't have appropriate skills, clothing, food etc. Leaders and group will do additional dynamic risk assessments if conditions change. Group members will ensure that the leader or another member of the group are aware of any medical condition which could influence action in case of an accident, injury or emergency.

AOAC Route Specific Risk Assessments
(To be done for hazards not addressed in generic risk assessment)

Activity:

Risk to:

Hazard	Risk	Control measures

Continue on separate sheet if required.