**AOAC Mountain Biking Generic Risk Assessment (SG/V 1.0)**

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| Date: | Start & estimated finish time: | Weather: | Terrain & level: |
| Leader: | Location: | Emergency No’s: | Distance & ascent: |

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| **Hazard description** | **People at risk** | **Control measures** | **Risk level and notes** |
| Fall from bicycle | Riders, leaders | Suitable helmet, adjusted. Pads. Route chosen for group/skill level, gradient & terrain |  |
| Collision – bicycles | Riders, leader | Clear instructions on spacing (particularly descents), verbal and non-verbal communications (hand signals) |  |
| Collision – other trail users | Riders, leader, members of public | Clear instructions on spacing (particularly descents), verbal and non-verbal communications (hand signals). Brief group on dangers of presented by self and others (pedestrians, animals, stock, cyclists) responsible riding – Countryside Code |  |
| Traffic accident | Riders, leader, members of the public | Supervision, ratios, instructions, speed, formation and spacing, signals and communications. Brief group on conditions, dangers of others and particular sections (e.g. green laners/main road crossing/riding). Deploy other qualified/experienced members through group. |  |
| Mechanical breakdown | Riders, leaders | Bikes maintained for trip, bike, helmet & clothing check prior to ride (Bike M-Check). Riders and leaders to carry spares and tools.  |  |
| Medical emergency | Riders, leaders | Medical disclosure form/medical conditions disclosed to leader. Leader current first aid, kit and emergency procedures. Group made aware of procedures and if leader incapacitated.  |  |
| Hypothermia (cold) | Riders, leaders | Appropriate clothing, spares and tools. Bikes maintained for trip & checked. View current weather forecast and prepare escape routes in planning |  |
| Dehydration (heat – hyperthermia) | Riders, leaders | Advice group on equipment, clothing & drinks. View current weather forecast and plan route to shorten/escape. |  |
| Adverse weather | Riders, leaders | Check current weather forecast, advise appropriate clothing and equipment, pre-ride checks and incorporate escape routes to planning. Group shelter. |  |
| Group separation/missing group member(s) | Riders, leaders | Clear instructions to riders and assisting group members. Head counts, ensure instructions understood by all. Leader to supervise front and back of group, regular contact within group |  |
| Navigation errors | Riders, leaders | Leader trained, planned route, map and compass plus spare in group. Additional use of GPS if appropriate |  |

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| **Comments/Additional Notes:** | Name & number | Name & number |
| (Leader) |  |
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| (Assistant Leader) |  |
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