

Mountain Activity Company

Hazard and Risk Assessment Sheet

Hazard (Without control measures)		
Rating	Hazard	Description
5	Severe	Fatality/ Multiple injuries
4	High	Major injury/ Ill health
3	Medium	Medical treatment required
2	Low	First Aid Required
1	Negligible	No injury/ ill health predicted

Risk (With application of control measures)		
Rating	Hazard	Description
5	Severe	Almost certain
4	High	Probable
3	Medium	Quite probable
2	Low	Remote
1	Negligible	Improbable

Activity: Off road cycling / Mountain biking

Persons affected: Participants and Instructors

Hazard	Hazard Rating	Control measures	Risk Rating	Recommendations	Revised risk rating
Equipment failure	4	Pre – ride check, especially brakes, steering & tyres Cycle suitable for proposed activity If hiring ensure bikes well maintained	3	Pre – ride check to include visual on frame check, cables, brake test, wheels Report and damage after ride	3
Collision / falling off	5	Suitable helmet Route Skill levels Speed	4	Must wear helmet CE regulation standard (min) Route suitable to skill level of the group. Good group control to regulate speed	3
Exposure	5	Weather forecast Route choice Suitable clothing	3	Check on the day Options of routes to do Windproof top at least, warm tops and suitable leg wear. Leader to observe group members carefully	2
Exhaustion	3	Route Fitness	3	Route choice to match as much as possible groups ability. Escape routes	2
Injury to third party	4/5	Avoid busy routes Adhere to legal cycle ways Good group control	3	Cyclist to give way to other users (walkers horses). Strict group control at known hazards Junctions etc. Regulate speed	2

Leader must have been ratified from an in-house training session and have demonstrated the necessary skills to an appropriately qualified person and adhere to the recommendations laid down as a result of this training and the information set out in the relevant MAC policy documents. If travelling in a mountainous area the leader must also have the Summer ML qualification