



# Risk assessment form (H&S)

<b>Name of assessor(s)</b>	Karl Watson	<b>Group / Establishment:</b>	SSE Outdoors
<b>Date</b>	January 2022		

<b>What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:</b>  Mountain biking onsite at Kilve Court is on a purpose built grassed route around the perimeter of a hilly field. At the base of the hill are raised areas to balance on, dips to practice attack positions, seesaw and rumble strips to further develop skills.  Above the maze are bomb pits, and to its' side jumps and ramps down a steep hill.	<b>How was the assessment done?</b> e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?  Site Visit by Centre manager	<b>Next review date:</b>
		January 2023
		<b>Mobile reception / nearest landline</b>
		Varied reception Kilve house / ODC

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done
		S	L	S x L				
<b>All participants</b> – slips, trips and falls	<ul style="list-style-type: none"> <li>Clear safety briefing to be given to all participants</li> <li>Check all participants are wearing appropriate clothing as referred to in SOPs</li> <li>Constant group monitoring and control</li> <li>Instructor to adopt position of most usefulness (PMU)</li> <li>Braking to be taught first, focusing on rear brake v's front brake and planning ahead</li> <li>All participants to be taught how to select appropriate gear</li> <li>Instructor to assess group and individuals ability</li> </ul>	4	2	8	The risk is minimised so long as the instructor is progressing the group in line with group ability. Management of additional staff expectations is essential. The health benefits and skills that children learn which they then transfer into their home environment (better bike control understanding of braking, balance, safe riding position)	All instructors	Constantly	

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	and adapt session appropriately <ul style="list-style-type: none"> <li>Brief additional staff to help support and monitor group</li> <li>PPE (helmets) to be fitted, checked and worn throughout session.</li> </ul>				make this activity worth continuing whilst accepting the elevated risks associated with it.			
<b>All participants - Collision</b>	<ul style="list-style-type: none"> <li>Instructor to ensure a safe gap between riders and communicate how important this is. Constant reminders, monitoring and encouragement to maintain this throughout the session.</li> <li>Clear safety briefing in line with SOPs</li> <li>Instructors operate in line with SOPs and training</li> <li>Additional staff to support the maintenance of good behaviour</li> <li>Bikes maintained regularly with records of faults kept in line with centre procedure</li> <li>Instructor to adopt PMU either bike or ground based</li> <li>'go' and 'stop' signals to be communicated with all participants</li> </ul>	5	2	10	The risk is minimised so long as the instructor is progressing the group in line with group ability. Management of additional staff expectations is essential. The health benefits and skills that children learn which they then transfer into their home environment (better bike control understanding of braking, balance, safe riding position) make this activity worth continuing whilst accepting the elevated risks associated with it.			
<b>All participants – Injury caused through impact with the bike itself</b>	<ul style="list-style-type: none"> <li>Participants to maintain a seated position at all times unless told not to by instructor (e.g. on obstacles)</li> <li>Participants feet to remain in contact with pedals</li> <li>Seat height adjusted by instructor for each participant</li> <li>Participants pedals to be level when going over obstacles</li> </ul>	4	2	8				
<b>All participants – Hyper / hypothermia</b>	<ul style="list-style-type: none"> <li>Instructor to check weather forecast</li> <li>Check participants and appropriately dressed in view of weather</li> <li>Continual monitoring of progress throughout session</li> </ul>	5	2	10	The risk is minimised so long as the instructor is progressing the group in line with group ability. Management of additional staff expectations is essential. The			

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	<ul style="list-style-type: none"> <li>Ensure all participants are hydrated</li> <li>If weather is too hot/cold or lightening closer than 2 miles then session should be abandoned.</li> </ul>				health benefits and skills that children learn which they then transfer into their home environment (better bike control understanding of braking, balance, safe riding position) make this activity worth continuing whilst accepting the elevated risks associated with it.			
<b>All participants –</b> Equipment failure / equipment to properly maintained	<ul style="list-style-type: none"> <li>'M' check of each bike before sessions start</li> <li>Ensure PPE (helmets) are in good repair</li> <li>Check mountain bike course during morning set up to ensure it is safe and useable</li> <li>Instructor fixes any issues with bikes that can be easily maintained</li> </ul>	5	1	5				

\* [Click here](#) for guidance in calculating Risk Rating. Rate the **severity** of the potential harm (between 1-5, where 5 is fatal) and the **likelihood** of the harm occurring (again 1-5 where 5 is very likely). Guidance is at [HS 004](#).

<b>Please now pass this assessment to your manager for approval</b>					
<b>Name of assessor's manager:</b>	Ack Moore	<b>Date:</b>	21/2/22	<b>Manager's comments</b>	
<b>Signature:</b>					