



Risk assessment form (H&S)

Name of assessor(s)	Karl Watson, Callum McMillan	Group / Establishment:	SSE Outdoors
Date	January 2023		

What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
		January 2024
<p>Mountain biking onsite at Kilve Court is on a purpose-built grassed route around the perimeter. At the base of the hill are raised areas to balance on, dips to practice the attack position, seesaw and rumble strips to further develop skills.</p> <p>Above the maze are bomb pits, and to its' side jumps and ramps down a steep hill.</p>	Site Visit, consultation with lead instructors and managers.	Mobile reception / nearest landline
		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				
All participants – slips, trips and falls	<ul style="list-style-type: none"> Clear safety briefing to be given to all participants All participants are wearing appropriate clothing. Constant group monitoring and control Instructor to adopt position of most usefulness. Controlled braking to be taught first. All participants to be taught how to select appropriate gear on the bike. Instructor to assess group or individuals' ability and adapt session appropriately PPE to be fitted, checked, and worn throughout session. 	4	2	8				

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All participants - Collision	<ul style="list-style-type: none"> Instructor to ensure a safe gap between riders. Clear safety briefing in line with COPs Instructors operate in line with COPs and training Additional staff to support the maintenance of good behaviour Bikes maintained regularly with records of faults kept in line with centre procedure Instructor to adopt PMU either bike or ground based 'go' and 'stop' signals to be communicated with all participants 	5	2	10				
All participants – Injury due to poor technique.	<ul style="list-style-type: none"> Participants to maintain a seated position at all times unless told to by instructor. Participants feet to remain in contact with pedals Seat height adjusted by instructor for each participant Participants pedals to be level when going over obstacles 	3	2	6				
All participants – Hyper / hypothermia	<ul style="list-style-type: none"> Instructor to check weather forecast Check participants and appropriately dressed in view of weather Continual monitoring of progress throughout session Ensure all participants are hydrated If weather exceeds, then session will be stopped 	4	2	8				
All participants – Equipment failure / equipment to properly maintained	<ul style="list-style-type: none"> 'M' check of each bike at start and end of session Ensure PPE are in working order Check mountain bike course during morning set up to ensure it is safe and useable Instructor fixes any issues with bikes that can be easily maintained 	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](#).

Please now pass this assessment to your manager for approval

Name of assessor's manager:	Ack Moore	Date:	21/2/23	Manager's comments	
Signature:					