

# Aberdeenshire Council

## Outdoor Activity Generic Risk Assessments

### 4. Trail and Mountain Biking

**Risk to:** Instructors/Group members

Hazard	Risk	Control measures
1. Cycling activity	Slips/falls. Collisions. Head injury. Eye injury Lost group/group members.	<p>Instructors will be trained to NGB or Aberdeenshire Council standards in group management and instructional techniques appropriate to the level of the activity.</p> <p>Instructors will choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available.</p> <p>Group members will wear or carry clothing appropriate for the specific activity and venue.</p> <p>Group members will always wear safety helmets which meet the appropriate specifications.</p> <p>Group members will wear eye protection suitable for the activity.</p> <p>Group members will be briefed on hazards specific to the area being used and will be instructed in the skills and techniques needed to avoid them/deal with them.</p> <p>The instructor and the group will carry safety equipment appropriate for the specific activity and venue.</p>
2. Equipment	Unsuitability. Failure. Damaged. Poorly maintained	<p>All equipment will meet current specifications and/or accepted standards where applicable and will be suitable for its intended use.</p> <p>Equipment will be regularly maintained and serviced.</p> <p>Instructors will carry a repair kit suitable for the activity.</p> <p>Instructors will visually check equipment at time of issue. If group members are using their own equipment the Instructor will ensure it is suitable for the expected conditions and nature of the activity.</p> <p>Instructors will make a final check of equipment prior to the activity starting ensuring that adjustments are made to suit the individual rider.</p>
3. Traffic	Collisions	<p>Instructors will operate in accordance with the current highway and cycling codes ensuring that the group are briefed on specific traffic hazards and their avoidance.</p>
4. Weather conditions	Possible increased risk level. Cold. Hypothermia. Wind. Sunburn.	<p>Instructors will obtain information on weather and other relevant factors and make an assessment of conditions prior to any activity taking place.</p> <p>Instructors will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p> <p>Instructors will ensure that each member of the group is appropriately clothed, carries sufficient food and that additional food, clothing and equipment is available to suit the expected conditions and nature of the activity.</p> <p>Instructors will be First Aid trained to the level required by the NGB for the activity.</p>

**Aberdeenshire Council**  
**Outdoor Activity Site/Route Specific Risk Assessments**

**Activity:**

**Risk to:**

Hazard	Risk	Control measures

Continue on separate sheet if required.