

# PRO-ACTIVE ADVENTURE

## HEALTH AND SAFETY PROCEDURE

### Activity: Mountain Biking

Minimum Instructor Competence:  
Mountain-Bike Instructors Award Scheme  
Level 1.

Date Reviewed: 1/03/18  
Next Review Date: 1/03/19  
Completed by: Clive Richley  
Competence: M.I.A.S. level 6  
Is the activity acceptably safe if managed as  
below? YES  
Signature: .....

#### **Main Risks (numbered) People at risk: Participating staff and clients, members of the public**

- 1) Head injuries
- 2) Elbow/ knee and hand injuries from falling off
- 3) Collision with objects, vehicles and members of the public
- 4) Technical terrain
- 5) Injuries caused by mechanical breakage of safety features
- 6) Getting lost
- 7) Not being seen in poor light
- 8) Weather related exposure and hypothermia
- 9) Sunburn
- 10) Exhaustion
- 11) Heat stroke

#### **How to manage/reduce/minimise these risks safely (corresponding numbers)**

Staff operate within the Highway Code when on public roads and hold a First Aid certificate

- 1) Wear an individually fitted safety helmet
- 2) Wear long sleeved/leg covering clothing and gloves
- 3) Activity leader will define safety boundaries and maintain safe speeds and practice. If clients refuse to follow instructions, then the activity must be terminated.
- 4) Technical terrain will only be led by the appropriately qualified technical instructor
- 5) Mountain bikes are only to be hired from reputable suppliers who certify that the bikes have been maintained in line with manufacturer's specifications
- 6) Map and compass will be carried in unfamiliar areas
- 7) Bikes must be fitted with approved lights in poor light conditions
- 8) Adequate suitable warm clothing and waterproofs will be provided
- 9) Sun block and suntan lotion will be provided
- 10) Routes will be chosen within the participant's capabilities
- 11) Carry plenty of fluids and wear close fitting clothing

Activity Instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted they will take appropriate action.

# PRO-ACTIVE ADVENTURE

## ACTIVITY: Mountain Biking

### MINIMUM EQUIPMENT TO BE CARRIED

**Participants:**

- 1) Clothing suitable for the expected weather conditions
- 2) Individually fitted helmet
- 3) Gloves to be worn at all times
- 4) Appropriate footwear.
- 5) High visibility clothing to be worn on roads.

**Participants are to report all defects or damage of equipment to the activity instructor immediately.**

**Instructor:**

- 1) Company first aid kit
- 2) Bivy bag or survival shelter for long/winter trips
- 3) Map and compass in unfamiliar areas
- 4) Sun block cream
- 5) Extra fluids and water purification tablets in hot weather
- 6) Torch and/or light sticks in winter
- 7) Rucksack with spare clothing (If required), relevant to prevailing weather conditions.
- 8) Bicycle repair kit. ( to include spare inner tubes and a suitable pump).

**Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.**