

## Risk Assessment

### Cycling

Lindley Educational Trust

Hollowford Centre

Current as of June 2011  
By Max Norris

Review date by 1<sup>st</sup> May 2012

Benefit Statement		A great way to engage people in a healthy activity that is easily undertaken at home. People learn the skills to ride a bike safely. Cycling on rough terrain often adds a new and exciting dimension.		
HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQUIRED	RESPONSIBILITY / DUE & COMPLETED DATES
General	Various injuries	Code of Practice applies Suitably qualified & experienced instructor (includes First Aid) Clear briefings & supervision All accidents, near misses and incidents are recorded and appropriate action undertaken as required. Safety reviewed in staff meetings. Seek & share information with similar providers	No further action at this stage	
<b><i>For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session</i></b>				
Extreme Weather	Sunburn Hypothermia Hyperthermia	Instructor to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety. Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks Remind visiting staff & young people about sun protection.	No further action at this stage	
Participants	Various	Participants asked to share relevant previous & existing medical issues. Visiting group leaders asked any other (eg behavioural) issues Staff ratios (group size) amended as required	No further action at this stage	
Falls	Serious injury	Clear briefings & supervision. Staff suitably experienced and qualified. Participants suitably clothed Helmets worn	No further action at this stage	
Members of the public	Various	Venue / route choice Qualified & experienced instructor	No further action at this stage	
Equipment failure / damage	Serious injury / getting stuck in remote location	Bikes only hired from reputable organisation Bikes checked before each use Repair kit & spares carried For certain off road venues instructor to carry mobile phone	No further action at this stage	

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A great way to engage people in a healthy activity that is easily undertaken at home. People learn the skills to ride a bike safely. Cycling on rough terrain often adds a new and exciting dimension.

HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQUIRED	RESPONSIBILITY / DUE & COMPLETED DATES
Traffic	Serious injury	Qualified & experienced instructor Venue / route choice Avoid right turn. Stop on left & cross road on foot when clear to do so	No further action at this stage	
Collision	Serious injury	Venue / route choice Qualified & experienced instructor	No further action at this stage	