

Salisbury Road and Mountain Cycling Club (SRAMCC)

Generic Risk Assessment - MTB Rides 2017

SRAMCC Risk Assessment Introduction

It goes without saying that looking out for one and other is very important and lies central to the ethos of the Salisbury Road and Mountain Cycling Club. Some of the things contained in this document are things that we already do or what you would consider to be common sense. There will be things as well that you may never have considered. In order to comply with the requirements of the **club's insurance with UK Cycling** all of these things have to be formalised into what is known as a 'Risk Assessment'.

A Risk Assessment is an important step in **protecting both our members and our Club as a whole**. Every time we ride our bikes we are exposing ourselves to various risks and the Risk Assessment helps us to focus our minds on these risks and hopefully help to reduce them.

As previously stated the club is required to have in place a Risk Assessment in order to manage and hopefully reduce or even eliminate the risks. It is not expected that the club eliminates all risk, but we are required to protect people as far as is 'reasonably practicable'.

What is Risk Assessment?

HAZARD = something with the potential to cause harm

RISK = the chance, great or small, of coming into contact with that hazard

This Risk Assessment is a careful examination of what, in our sport, presents a hazard and could cause harm to people. Once a hazard has been identified it is then a matter of assessing what the risk is in relation to that hazard. A grid system is then used to combine the two and give a graded level of risk LOW, MEDIUM, HIGH.

When that has been done the next stage is to think of ways to reduce / eliminate that risk. These are the control measures. Once the control measures have been implemented you are then left with the residual risk (or the risk could have been completely eliminated). The Risk Assessment can then be reviewed on a regular basis to assess a number of things e.g. are the existing control measures working, have any new hazards been identified, have any existing hazards been eliminated.

This Risk Assessment should be read alongside the Road Rides risk assessment and contains specific additions in relation to the risks associated with off road riding.

Duties of Care

As a **Committee Member and/or Ride Leader**, you have accepted the responsibility of leading others. You owe them a duty of care to ensure that they are not exposed to a foreseeable risk of injury, as far as you reasonably can. If you accept a position, you are likely to agree to carry out certain functions, which may affect the safety of others both

inside and outside the club. You are accepting responsibility and you must fulfil those duties to the best of your ability without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury, which exists or arises.

For example:

- If you are a **Committee Member**, you must implement, discharge, communicate and review the club's safety policy, risk assessments, training requirements etc.
- If you are a **Ride Leader**, you have agreed to lead a ride and you must take reasonable measures to see that the ride is as safe as it can be.
- It is also important to note that individual **Members of the club** have a duty of care not only to themselves but to members of the public and to the persons with whom they are riding. i.e. The duty of care requires you to consider the consequences of your acts and omissions and to ensure that those acts and/or omissions do not give rise to a foreseeable risk of injury to any other person.

In summary

Reading this you may be thinking *'this is scary I am never going out on my bike again'*. However, as stated earlier, most of this is common sense and is action that we already undertake. The key word in all of this is REASONABLE. Clearly, one is not expected to guarantee the safety of others, merely to act reasonably.

Importantly, please respect the Ride Leaders. Without them, club rides would not be possible. Listen to the briefings and pay attention whilst on the trail.

Please read on and make yourself familiar with the contents of this document. If you have any questions/comments/ideas do not hesitate to contact a member of the committee or a nominated club official.

All riders are reminded that they are responsible for their own safety, individuals take part in any group activities at their own risk. We strongly urge all riders to obtain appropriate 3rd party insurance as a minimum.

It should be noted that no liability shall be attached to the Salisbury Road and Mountain Cycling Club (including its officials and members) and the Salisbury Road and Mountain Cycling Club (including its officials and members) for any injury, loss or damage suffered.

<p>Risk Assessment: Club MTB Rides</p>	<p>Location: All SRAMCC MTB Ride Routes</p>
<p>Completed by: Tony Hamilton Date Completed: 08/12/2017 Next Review Date: 01/12/2018 Signed off (date): SRAMCC Committee (03/12/2017)</p>	<p>Other relevant Risk Assessments: To be read in conjunction with the generic risk assessment for road rides.</p>

ACTIVITY	HAZARD	WHO IS AT RISK	INITIAL RISK (H/M/L)	CONTROL MEASURES (RECOMMENDED)	RESIDUAL RISK (HML)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	WHAT	CONTACT
1. PRE-RIDE	Challenging and remote Terrain	Rider	L	Participants are individually responsible for riding within their own abilities and making decisions about what they do and don't attempt to ride	L	N	-	-
2. PRE-RIDE + RIDE	Adverse Weather	Rider	L	<p>The weather is out of our control, but can have a large impact on mountain bike rides and needs to be considered by ride organisers.</p> <p>Where possible organisers should be aware of short cuts and contingency plans in case of adverse weather and may cancel or cut short rides if they consider that this is appropriate.</p>	L	N	-	-
3. RIDE	Conflict/collision with other trail users	Rider	L	<p>Participants are individually responsible for riding within their own abilities and in control.</p> <p>Participants are individually responsible for riding responsibly and giving way to other trail users where appropriate</p>	L	N	-	-
4. RIDE	Injuries	Rider	L	<p>This is largely out of our control as mountain biking inherently involves the risk of crashing and injury.</p> <p>Participants are individually responsible for riding within their own abilities and making decisions about what they do and don't attempt to ride.</p> <p>Participants are individually responsible for carrying basic first aid equipment and looking after their own minor injuries.</p> <p>In the event of a serious injury other ride participants can only be expected to respond as an untrained member of the public (for example, calling for appropriate help and medical assistance).</p>	M	Y	All accidents/injuries need to be reported to the committee where they will be reviewed and note taken of any lessons learnt.	Committee