


**WELTON WATERS ADVENTURE CENTRE RISK ASSESSMENT**

| Activity: <b>OFF-ROAD CYCLING</b>  |                          | Location: ON SITE AROUND THE LAKE |             |  |          |
|------------------------------------|--------------------------|-----------------------------------|-------------|--|----------|
| Hazard                             | Risk                     | Who                               | Risk Rating | Control Measure  | Out Come |
| Arriving On Site                   | None                     | All                               | Medium      | All participants MUST report to the main office upstairs on arrival to register. All participants MUST complete a booking form and MUST state any medical conditions and medication needed.  | Low      |
| First Aid Control                  | Accidents & Injuries     | All                               | High        | A First Aider MUST be on site at ALL times. First Aid bag MUST be carried by the instructor or group leader at ALL times. Proximity of warm building. Accident procedure to be actioned, accident book MUST be completed and emergency procedure followed. | Low      |
| Equipment                          | Unsafe                   | All                               | Medium      | M Check to be carried out on every bike prior to session start, overseen by instructor. Bike must be adjusted to suit student height. Safety Helmets, Glasses and Gloves MUST be worn at ALL times. Any breakages to be reported instantly or removed.     | Low      |
| Traffic- Domestic and Agricultural | Collision                | All                               | High        | Instructor MUST brief participants regarding appropriate behaviour at start of session. Instructor MUST brief group about moving vehicles within the carpark areas. Always give way to vehicles. Always keep to the left when passing vehicles.            | Low      |
| Rough Ground and Pot Holes         | Slips and Falls          | All                               | High        | Instructor must plan the route and check terrain. Students must maintain a safe stopping distance between themselves and other riders.   | Low      |
| Pedestrians, Pets and Cyclists     | Collision                | All                               | Medium      | Always reduce speed when approaching others. Always keep a safe distance between cycles. Always give way to pedestrians.   | Low      |
| Vegetation (nettles and brambles)  | Cuts and Stings          | All                               | Medium      | Long sleeve tops and full length trousers MUST be worn at ALL times. Suitable footwear MUST be worn at ALL times.  | Low      |
| Obstacles. Gates and Bridges       | Collision                | All                               | Medium      | Instructor to identify obstacles and pre-warn students to stop. Gates and Bridges to be negotiated one at a time.  | Low      |
| Injury                             | Cuts, Bruises and Breaks | All                               | High        | Instructor or group leader riding at the back must keep vigilance at ALL times. First Aid bag Throwbag, Mobile phone (or VHF Radio, Channel M2) to be carried at ALL times. Instructor to inform Centre Manager of all incidents.                          | Low      |
| Weather                            | Hypothermia<br>Sunstroke | Users<br>Staff                    | Medium      | Correct clothing MUST be worn for weather conditions. Proximity of warm building. Adequate protection from sun. In the event of thunder and/or lightning ALL participants MUST return to building.   | Low      |

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|  | Risk Assessment completed by:<br>Print....Pete Blaney.....<br>Sign.. <i>P Blaney</i> ..... |                         |                    | Date of Risk Assessment: 20th December 2022<br><br>Risk Assessments to be continually revised |                 |