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| **Name of activity, event, and location** | **Blair Atholl Jamborette, Mountain biking (Off Site) (Extreme Cycling),Laggan is Biking Trails, Laggan Wolftrax, Strathmashie, Newtonmore, PH20 1BU & Surrounding.** | **Date of risk assessment** | **16/6/2022** | **Name of person doing this risk assessment** | **Fraser Wright** |
| **Date of next review** | **16/6/2024** |

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| **What hazard have you identified?**  **What are the risks from it?** | **Who is at risk?** | **How are the risks already controlled?**  **What extra controls are needed?**  **How will they be communicated to young people and adults?** | **Review & revise.**  **What has changed that needs to be thought about and controlled?** |
| **A hazard** is something that may cause harm or damage.  **The risk** is the harm that may occur from the hazard. | For example: young people,  adult volunteers,  visitors | **Controls** are ways of making the activity safer by removing or reducing the risk.  For example, you may use a different piece of equipment or you might change the way you do the activity. | Keep **checking** throughout the activity in case you need to change what you’re doing or even **stop** the activity.  This is a great place to add comments which will be used as part of the review*.* |
| Falling from bike | Leaders, Parctipants | 1. Instruction on the operation of the bike will be given; Use of Breaks, Gears, Familularity period will be given. 2. PPE, Gloves (Mandatory), Glasses (Optional) and Helemets (Mandatroy) will be provided. 3. Leaders will control the groups flow down the descent. (No Partcipant will be able to outpace a Leader.)   Risk Level; Medium |  |
| Clothing | Leaders, Parciapnts | 1. Footwear- no open toe shoes (Flip-flops, Sandals) or Inappropriate footwear (Wellieboots) 2. Clothing- No Loose-fitting trousers, long or flowing dresses. 3. Leaders- will ensure partcipants have appropriate footwear and clothing when collecting partcipants from Sub-Camp. 4. Partcipants will be asked to ensure they have a rain jacket, incase of change of weather during actvity.   Risk Level; Low |  |
| Weather | Leaders, Partcipants | 1. A review of weather will be carried out prior to each actvity session. 2. All parciapnts will be advised to bring water in a ruck sack and ensure they have sun cream on if weather permits. (Leaders will have a supply of suncream). 3. Partcipants will be advised to have waterproofs if the weather is expected to change mid actvity.   Risk Level; Low |  |
| Trail Awareness | Leaders, Partcipants. | 1. Parcipants will be made aware that trail is has public use with other cyclists, walkers, and horses on the route. Prior to leaving Carpark. 2. Dear and field gates will be left how they are found so not to interfere with actvity on the estate. 3. Livestock will be given a wild berth and cyclists may have to dismount to avoid stressing livestock. 4. Any damage found whilst on the trail or any accidental damage caused will be reported to the forestry commission. 5. Cyclists will be warned prior to attempting trail what to expect ( Tight Turns, Uneven surface, Single Track, Technical challenges) a leader will lead the group down the trail spaced out evenly to prevent crashes.   Risk Level; medium |  |
| Emergency Procedure (Medical / Mechanical) | Leaders, Parciapnts | 1. minor injuries that can continue, quick clean at the trail side and bandage them up, keep note of who that person is *(Name Sub Camp, Injury, how it happened and time it took place, and what you did)*, and carry on until medical team can have a look at it. Present the participant to the team yourself so that we can ensure they go. (*If you feel that this child is unable to continue, please take them back to the minibus, and we can arrange transport back to site depending on time of day.*) 2. If you have Major injuries for example, Loss of consciousness, Fractures, or dislocations. If we have no concerns for mobility, e.g. broken arms bandage them up and we can walk them back to car park where we can arrange hospital through camp. If there is Back, Head, Neck or mobility concerns please don’t hesitate to call 999, *(I suggest what 3-word app The address for Laggan* ***is Biking Trails, Laggan Wolftrax, Strathmashie, Newtonmore, PH20 1BU,*** *Also give them the what 3 words app location.)* Regroup the participants down at the minibus or a location off the trail, ensure that 2 leaders are with the casualty, keep note of who that person is *(Name Sub Camp, Injury, how it happened and time it took place, and what you did)*. Sit tight and await rescue. |  |
| Transportation | Leaders, Parciapants | 1. All passengers will have seatbelts on 2. Minibus driver will not take part in the activity. |  |
| Route | Leaders and Parciapnts | 1. For safety actvity co-cocordinators will have access to teams’ route, in paper and digital format. 2. The Leaders running the activity will ride the route prior to taking partcipants on the route. 3. Leaders will be at the front of participants whilst on the trail ensuring the correct route is followed.   **Laggan Green-** <https://www.komoot.com/tour/807977227?ref=wtd>  **Laggan Orange-** <https://www.komoot.com/tour/807982078?ref=wtd>  **Laggan Lower Red-** <https://www.komoot.com/tour/807985196?ref=wtd> |  |