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| **Name of activity, event, and location** | **Blair Atholl Jamborette, Mountain biking (on-site) Blair Atholl and 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, Parcipants. | 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 site.
2. Dear and field gates will be left how they are found so not to upset 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 estate.

Risk Level; Low |  |
| Emergency Procedure (Medical / Mechanical) | Leaders, Parciapnts | 1. Every team will have a 1st aid kit.
2. Minor injuries that can continue quick clean at the trail side, 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.
3. If you have Major injuries for example, Loss of consciousness, Fractures or dislocations please use the emergency contact information on the lanyards - get a location *(They will have access to our route card and Komoot points)* give them where you are monitor the casualty and sit tight. Regroup the entire team until the casualty is safely removed. If the casualty can move and we have no concern for neck or back or leg injury, please attempt to meet at a reasonable point. Please take note of who the person is *(Name Sub camp, injury, how it happened, time it took place and where it took place and what you did).*
4. Any Mechanical failure that takes place trail side will be attended to by leaders. The bike will then be removed from service until full fixes can take place.

Risk Level; Medium |  |
| Route | Leaders, Parcipants | 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 parcipants whilst on the trail ensureing the correct route is followed.
4. Link to Route <https://www.komoot.com/tour/788425329?ref=wtd>

Risk Level; Low |  |
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