

Braeside Education Centre - Activity Risk Assessment



Braeside Education
Centre

Assessment of:		Mountain Biking		Venue:	Braeside education centre		
Assessor:		Josh Simons		Date:	January 2026	Review Date:	January 2027
ID	Hazards Identified le: what can cause harm?	Persons at Risk le: who could be harmed by the hazard?	Current Risk Factor (High, medium or low) le: determine the level of risk	Actions to be Taken to Minimize each Risk le: what action can you take to lower the level of risk			New Risk Factor (High, medium or low) le: risk factor after action taken to minimize the risk
1	Slips Trips and falls	<ul style="list-style-type: none"> Braeside staff Visiting Staff Students 	High	<ul style="list-style-type: none"> Helmets to be always worn when riding. Keep a safe distance from the riders in front. Ride on soft terrain where possible and especially where falling is likely. Bike to be checked before use and student to be made aware of how to use and check their own breaks. Instructor to assess ability of group before moving on to harder sections of course. 			Medium
2	Crashes/ collisions	<ul style="list-style-type: none"> Braeside staff Visiting Staff Students 	High	<ul style="list-style-type: none"> Helmets to be always worn when riding. Clear Brief to be given. Riders instructed to leave a safe gap between them and the bike in front. Riders to walk the course before riding with hazards to be pointed out. Course and bike to be well maintained. 			Medium
3	Out of control speed	<ul style="list-style-type: none"> Braeside staff Visiting Staff Students 	High	<ul style="list-style-type: none"> Helmets to be always worn when riding. Control of speed to be talked about with group. Keep a safe distance from the riders in front. Ride on soft terrain where possible and especially where falling is likely. Leaders at the front group controlling speed left to lap on own at instructor discretion. Bikes to be well maintained. 			Medium

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4	Branches on ground and low branches in woodland	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	Medium	<ul style="list-style-type: none"> • Course to be well maintained and check before each session. • First Aid kit to be available. • Leaders at the front and the rear of the group 	Low
5	Mud in the face, eye, mouth	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	Low	<ul style="list-style-type: none"> • Protective equipment / glasses/ goggles if necessary 	Low
6	Impact with bike	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	High	<ul style="list-style-type: none"> • Speed to be monitored. • Participant to be warned about keeping feet on pedals, safe breaking, and how to cross an obstacle (level pedals) • Bike to be correctly fitted to participants 	Medium
7	Injury from bike or moving parts	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	Medium	<ul style="list-style-type: none"> • Helmets to be always worn when riding. • Maintenance of Braeside bikes and checking of children's bikes on arrival. • First Aid kit to be available. 	Low
8	Adverse weather	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	High	<ul style="list-style-type: none"> • Weather to be checked before session. • Participants clothing to be appropriate for condition. • Breaks for drinks and to cool down or warm up when required. • Session to be called off if lightning is closer than 2 miles (estimate) 	Low
9	Equipment malfunction	<ul style="list-style-type: none"> • Braeside staff • Visiting Staff • Students 	High	<ul style="list-style-type: none"> • Bikes, helmets, ramps and all other equipment to be check regularly and before each use. • Any damaged or suspicious equipment to be put out of service and reported to head of activities. • Instructors only to repair minor mechanical problems if they are confident in their ability. 	Low

Additional Control Measures:

- Assessment of student's abilities at the start of the session
- Good progressive training.
- Constant supervision of group
- Extra care in summer /dry conditions when ground is hard.