



RISK ASSESSMENT
— WIZARD —



CYCLING

Safety Guide

Youth Group

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Key Benefits

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Checklist Items

KEY BENEFITS

Physical Fitness

Builds cardiovascular health and leg strength.

Independence

Develops navigation skills and self-reliance.

Environmental Awareness

Promotes sustainable transport choices.

Social Activity

Builds friendships through shared adventures.

KEY HAZARDS & CONTROL MEASURES**Traffic Collisions**

- ✓ Off-road routes preferred
- ✓ Road crossings supervised
- ✓ High-visibility clothing worn
- ✓ Group stays together

Head Injuries

- ✓ Helmets mandatory
- ✓ Damaged helmets replaced
- ✓ Correct fitting checked
- ✓ No riding without helmet

Equipment Failure

- ✓ Bikes checked before ride
- ✓ Tyre pressure checked
- ✓ Brakes tested
- ✓ Repair kit carried

Terrain Hazards

- ✓ Route reconnoitered
- ✓ Speed limits enforced
- ✓ Hazards briefed
- ✓ Ability matched to route

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--|---|
| ☐ Complete and review risk assessment for this activity | ☐ Ensure all identified hazards have control measures in place |
| ☐ Brief all staff on key risks and emergency procedures | |

Route

- | | |
|--|---|
| ☐ Route planned | ☐ Hazards noted |
| ☐ Rest stops identified | ☐ Distance appropriate |

Bikes

- | | |
|--|---|
| ☐ Brakes working | ☐ Tyres inflated |
| ☐ Chains lubricated | ☐ Size correct |

Participants

- | | |
|---|---|
| ☐ Helmets fitted | ☐ Hi-vis worn |
| ☐ Medical info known | ☐ Ability assessed |

Safety

- | | |
|--|---|
| ☐ First aid carried | ☐ Repair kit packed |
| ☐ Phone charged | ☐ Emergency plan known |



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