



MOUNTAIN BIKING

Safety Guide

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Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Excellent aerobic workout with varied intensity from climbing and descending terrain.

Full-Body Strength

Develops leg power, core stability, and upper body strength for bike control.

Balance & Coordination

Improves proprioception, balance, and hand-eye coordination through technical riding.

Mental Health

Outdoor exercise reduces stress, improves mood, and provides mental restoration.

Nature Connection

Access to natural environments and outdoor experiences away from urban areas.

Social Community

Strong community aspect with group rides, clubs, and shared trail experiences.

KEY HAZARDS & CONTROL MEASURES**Crashes & Falls**

- ✓ Mandatory helmet use at all times
- ✓ Match trail difficulty to rider ability
- ✓ Additional protection for technical trails
- ✓ Skills progression before advanced trails

Trail Hazards

- ✓ Pre-ride trail inspection where possible
- ✓ Brief riders on known hazards
- ✓ Maintain safe following distances
- ✓ Adjust speed for conditions

Mechanical Failure

- ✓ Pre-ride bike checks (M-check)
- ✓ Regular maintenance schedules
- ✓ Carry basic repair tools
- ✓ Check brake function before descents

Weather & Conditions

- ✓ Check forecast before rides
- ✓ Carry appropriate clothing layers
- ✓ Abort plans in dangerous conditions
- ✓ Adjust route for wet trails

Getting Lost

- ✓ Carry navigation equipment (map/GPS)
- ✓ Route planning and sharing
- ✓ Group stays together
- ✓ Emergency communication device

Other Trail Users

- ✓ Give way to walkers and horses
- ✓ Call out or use bell on approach
- ✓ Appropriate speed near others
- ✓ Use designated MTB trails where available

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

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

Bike Checks (M-Check)

- Wheels secure, tyres inflated
- Headset tight, steering smooth
- Chain lubricated, gears shifting
- Brakes working effectively
- Seat secure at correct height
- Suspension functioning

Rider Equipment

- Helmet fitted correctly
- Additional protection as required
- Spare layers carried
- Gloves and eye protection
- Appropriate clothing for weather
- Food and water adequate

Group Readiness

- First aid kit carried
- Navigation/route plan
- Weather checked
- Repair tools and spares
- Mobile/emergency communication
- Emergency contacts noted



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