RISK ASSESSMENT WIZARD

MOUNTAIN BIKING

Safety Guide

Sports Recreation

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Key Benefits	Control Measures	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
- ✔ Additional protection for technical trails
- ✔ Match trail difficulty to rider ability
- ✔ Skills progression before advanced trails

Trail Hazards

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

Mechanical Failure

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

Weather & Conditions

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

Getting Lost

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

Other Trail Users

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

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

Bike Checks (M-Check)

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

Rider Equipment

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

Group Readiness

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

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