



## Hazard Risk Assessment

Event type: Mountain Biking

---

Version	Date	Author	Reviewer
1	4/14/2024	Mark Rawlinson	Henry Amm

**Gravel Leaders can operate in terrain that:**

- Consists of public highways and rights of way accessible by bicycle
- Has a tarmac or other firm surface
- Is ride-able at two abreast
- Does not require proficiency in any discipline specific cycling techniques to safely ride on it
- Does not require discipline specific equipment to safely and comfortably ride on it
- Is within 10 minutes' walk from a road vehicle access point.
- Lead rides up to a maximum distance of 50 miles

**Recommended:**

- Not to include climbs and descents with a maximum gradient of more than 14% (1:8)
- Not to include climb or descent that is longer than 2 miles in total

**Off Road (trail) Leaders can:**

Lead on pre-determined routes they have been trained on and on terrain that:

- Can be ridden seated and only requires basic weight-shift application
- Has one line choice, so no decision making is required from riders (if there are two choices then the leaders needs to tell/ show them the one line to take)
- Is no more than 30 minutes walk from ambulance access/ base

**Technical Mountain Bike Leaders can operate in terrain that:**

- is rideable at walking speed
- is rollable on descents so that wheels are not required to leave the ground\*
- has an obvious line choice
- is 90% rideable by the entire group
- is no more than 30 mins walk from where a road going ambulance can get to.

\*As a guide, rollable terrain means that any drops or drop-offs should be no higher than hub height in relation to the smallest bike in the group.

**Extreme Technical MTB Leaders can operate, in addition to the terrain appropriate for a Technical mountain biking leaders, in terrain that:**

- may require more than walking speed to be negotiated successfully and safely
- may require the wheels to leave the ground
- may not have an obvious line choice
- is 90% rideable by the entire group
- may be more than 30 mins walk from where a road going ambulance can get to.

The principle duties of each of the relevant OUTMTB parties are as follows, all of which are non-paid voluntary roles:

### Organiser

- \* Ensure the regular running of events in their area, for example by arranging a rota for leaders to lead regular events
- \* Ensure that the general event format is set out in a way that responds to the needs of leaders and members in their region
- \* Check and publish (make live) events on the website if proposed by other leaders
  
- \* Ensure compliance of events with OUTMTB policies and procedures
- \* Vet leader applications and assessments carried out by others
  
- \* Vet proposed new route for their suitability for OUTMTB use

### Event Leaders

- \* Act as point of first contact to members attending an event, as well as being responsible for incident reporting to the office
- \* Plan the route, create the event and lead it on the day
  
- \* Make 'on-the-ground' decisions on how a particular event might need to be changed to meet the needs, and experience of their immediate group on the day

### Coaching and Guidance

- \* Assess the competence of cyclists new to the group, as well as making a judgement to the potential fitness of new cyclists to take part in the activity
- \* Show less experienced members the basics regarding riding a mountain bike:, attack position, cornering, braking, jumping and landing, speed control.

### Equipment

- \* Eyeball member's bikes and request they carry out basic checks.
- \* Have skills and tools for basic bike repairs on the trail incl a spare inner tube.

### Members

- \* Need to understand and accept the personal risk in taking part.
  - \* Are responsible for their own equipment including their bike which must be correctly maintained.
  - \* Must wear a cycling helmet, however a full face helmet and pads are recommended for MTB trails;
  - \* Must follow guidance of leader and other senior members.
  - \* Are advised to carry spare inner tubes ( or puncture repair), basic tools,chain links, replacement hanger
  - \* Are expected to carry energy snacks, fluid (water)
  - \* Are expected to carry appropriate extra layers , waterproofs etc
- See 'Kit List; tab for further details

**Hazard**

Identify the potential source of the danger. This could be height, cars, other people, snakes, sunshine, lack of sunshine - in short anything which might give rise to an incident

**Impact - How**

How will the danger manifest itself? Height could lead to falls, cars might cause collisions, people might form obstacles, snakes might poison you, sunshine might lead to sunburn or dehydration, etc.

**Impact - Who**

Who might be impact by the danger? Pick either or both:

- Members
- Third Parties

**Risk Matrix**

The risk matrix requires an element of judgement to be used for both the likelihood as well as the impact using the definitions listed below. The two factors are multiplied to give a numeric representation of the risk associated to certain hazards

	Likelihood	Impact (physical), or	Impact (legal)	Likelihood		
				1	2	3
IMPACT	1	Once every few years/ significant one-off events	Pain or minor injury requiring no formal assistance	1	2	3
	2	a couple of times year	Minor injury requiring first aid or medical attention	2	4	6
	3	At least once every couple of events	Major injury requiring hospital admission, permanent disability or death	3	6	9

**Action Required - By Whom**

List measures that will help to reduce the risk of the incident occurring. Items in red must have mitigation actions in place, items in green require general awareness. Amber items might require management processes or other policies to control the risk. Where the impact is severe (3) - marked in **black bold** text, mitigation measures MUST be in place to remove or reduce the impact and/or the likelihood.

**Action Required - When**

When is the action required to be complete? For risks with extreme consequences, actions should be in place before the next event takes place, on the flipside, certain actions will be required whilst on the event as part of the leader's decision making through the process of dynamic risk assessment on the day

- Policy** - An ODL policy should be in place
- Event Planning** - whilst conceiving, creating an event
- Web booking period** - whilst bookings can be made
- Prior to the event** - days leading up to or on the day
- During the event** - whilst out doing the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Impact	Likelihood	Risk	Mitigation	By Whom	When	
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
<b>Venue</b>									
V1	Venue or route choice	Difficulty of route or venue incompatible with the skills of the group that attends, resulting in potential injury	Members	1	2	2	Leader to have researched the venue or course, and advertise the event clearly stating the skill level required to participate	Leaders	Event Planning
V2	Unexpected ground conditions - including new obstacles and hidden features	Impact with ground or obstacles at speed	Members	3	2	6	<p>Leader to have researched course and conduct a visual sweep on the day of likely hazardous areas and brief members accordingly.</p> <p>If conditions are judged to be too hazardous, modify the route accordingly if possible, or change or cancel the event</p> <p>Members to be briefed prior to the start of the event to highlight the course conditions, including any watch points. For longer rides or courses, this may be broken down by section to keep the information manageable for participants</p>	Leaders	Prior to the event/ During the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Impact	Likelihood	Risk				
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
V3	Designed challenges and obstacles that form part of the route	Difficulty of challenges or obstacles incompatible with the skills of the group that attends, resulting in potential injury	Members	3	2	<b>6</b>	<p>Leader to have researched the venue or route, with a knowledge of all main challenges and obstacles that are likely to form a hazard to less experienced riders.</p> <p>Riders to be briefed on upcoming challenges or obstacles, including how best to tackle them, or how to avoid them altogether. If necessary dismounting and finding an appropriate vantage point to assess the obstacle before attempting it. Leaders and riders still need to be prepared for unexpected obstacles on the course.</p>	Leaders	Prior to the event/ During the event
V4	Remoteness	Getting lost or stranded, increased emergency response times	Members	3	1	<b>3</b>	All leaders to be have means to call emergency services, enhanced outdoor first aid training, access to first aid equipment and group management skills whilst dealing with incidents	Leaders	Policy

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Who	Impact	Likelihood	Risk	Mitigation	By Whom	When
Conditions									
C1	Weather, impact on route	Weather may change the track surface properties, making it more slippery or even impassible in certain conditions	Members	3	2	6	Leader to have researched the course and conduct a visual sweep on the day of likely hazardous areas and brief members accordingly. For longer rides or courses, this may be broken down by section to keep the information manageable for participants  If conditions are judged to be too hazardous, modify the route accordingly if possible, or change or cancel the event	Leaders	Prior to the event/ During the event
C2	Weather, adverse conditions	Weather conditions may make rides uncomfortable or unsafe, through the effects of exposure to extreme heat, cold, rain or wind	Members	2	2	4	Leader to check weather forecast in advance, and communicate with members to ensure appropriate clothing, equipment, food and water is brought.  Be prepared to change or shorten routes, or in extreme cases cancel the event.  On Wilderness rides, ensure pre-planned escape routes are available should conditions require if possible	Leaders/ Members  Leaders  Leaders	Prior to the event  Prior to the event/ During the event Prior to the event/ During the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Risk	Action Required		
			Who	Impact	Likelihood		Mitigation	By Whom	When
C3	Weather, wet/ cold	Hypothermia	Members	2	3	6	Leader to check weather forecast in advance, and communicate with members to ensure appropriate clothing, equipment, food and water is brought.	Leaders	Prior to the event
							All members to wear appropriate clothing for the conditions, including extra warm and waterproof layers.	Members	During the event
							Members to bring appropriate food and sustenance for during and after their ride to ensure energy levels can be maintained.	Members	During the event
							If practicable, leader to make spares available	Leaders	During the event
							Leader to be appropriately skilled to recognise symptoms of hypothermia and to know how to take measures to help, be prepared to abandon the route via pre-planned escape routes	Leaders	During the event



Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required	By Whom	When	
			Impact	Likelihood	Risk				
	What	How	Who	Impact	Likelihood	Risk	Mitigation		
C4	Weather, dry/ hot	Heatstroke, sunstroke or dehydration	Members	2	3	6	<p>Leader to check weather forecast in advance, and communicate with members to ensure appropriate clothing, equipment, food and water is brought.</p> <p>All members to wear appropriate clothing for the conditions, skin cover, sunscreen, sunglasses etc.</p> <p>Members to bring appropriate fluids for during and after their ride to ensure adequate hydration</p> <p>If practicable, leader to make spares available</p> <p>Leader to be appropriately skilled to recognise symptoms of heatstroke, sunstroke and dehydration and to know how to take measures to help, be prepared to abandon the route via pre-planned escape routes</p>	<p>Leaders</p> <p>Members</p> <p>Members</p> <p>Leaders</p> <p>Leaders</p>	<p>Prior to the event</p> <p>During the event</p> <p>During the event</p> <p>During the event</p> <p>During the event</p>

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Impact	Likelihood	Risk	Mitigation	By Whom	When	
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
C5	Temporary route closures or diversions	Unknown conditions on alternative routes, getting lost, or stranded	Members	1	2	2	Leader to check on appropriately reliable websites prior to the event for any known closures or diversions to change plans accordingly in advance  Be prepared to follow any statutory diversion signage  Have map or compass, or electronic location and wayfinding means available on the ride, and be familiar with their use.  Abandon ride and return to the start point if alternative routes are not practical or dangerous, or significantly longer than the original route	Leaders	Prior to the event  During the event  During the event  During the event
C6	Roaming animals	Potential obstruction of route, causing collision either directly or as a consequence of rider evasive action	Members, Third parties	3	1	3	All leaders to be have means to call emergency services, enhanced outdoor first aid training, including group management skills whilst dealing with incidents	Members	During the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required	By Whom	When	
			Impact	Likelihood	Risk				
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
C7	Stings or bites - Allergic reactions	Stings or bites from insects or plants that can cause severe allergic reaction	Members	2	2	4	<p>Ensure that leaders are made aware by members who have a known allergy, and recommend that members who are likely to be affected bring along suitable medication on the day.</p> <p>Leaders to have appropriate first aid training to ensure that they recognise the symptoms of anaphylaxis</p>	Members	Prior to the event
C8	Tick bites/ Lyme Disease	Bite by ticks that could potentially lead to Lyme Disease	Members	2	2	4	<p>Leaders are to make members aware of the risk and encourage all members carry out a 'tick check' at the end of each event</p> <p>Leader are advised to have a tick remover available</p>	Leader	During the event
<b>Equipment</b>									
E1	Mechanical failure - brakes	Impact with obstacles or other riders at speed	Members	3	2	6	Members to be reminded to check their brakes prior to each event, as well as regularly during the event at critical points, such as prior to fast descents.	Leaders/ Members	Policy

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required	By Whom	When	
			Who	Impact	Likelihood				Risk
	What	How	Who	Impact	Likelihood	Risk	Mitigation		
E2	Mechanical failure - drivetrain	Sudden loss of power, getting stranded	Members	2	2	4	Members to be reminded to check the condition of their bikes prior to the start of each event.  Leader to be able to carry out basic repairs such as replacing broken chainlinks or adjusting cable tensions to derailleurs	Leaders/ Members	Policy
E3	Mechanical failure - tyres / suspension systems	Sudden jolts causing soft tissue injury or loss of traction resulting in a fall, getting stranded	Members	2	2	4	Leader to carry spare inner tube (onus is on members as bikes have different sized wheels) and puncture repair kit and be able to carry out basic tyre repairs.  Members to bring their own spare inner tube to suit their wheels if possible	Leaders  Members	Policy  Policy
E4	Mechanical failure - bike frame	Sudden catastrophic failure of bike structural integrity whilst at travelling at speed	Members	3	1	3	Members to be reminded to routinely check their bike frames for micro cracking and other faults or deformations, and to take a bike displaying such faults out of use immediately	Leaders/ Members	Policy

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Impact	Likelihood	Risk	Mitigation	By Whom	When	
	What	How	Who						
E5	Inappropriate Personal Protective Equipment (PPE)	Injury due to lack of, or failure of helmets, pads and the like	Members	3	2	<b>6</b>	PPE required for each ride to be specified on the event page.	Leaders	Policy
							Members to be reminded to regularly inspect their PPE, including manufacturer's guidance on retiring equipment	Leaders/ Members	Policy
							Members without appropriate PPE on the day should not be allowed to take part	Leaders	Policy
<b>Human</b>									
H1	Insufficiently skilled rider for the proposed route or venue	Injury to themselves or others	Members Third parties	3	2	<b>6</b>	Event description to be clear with level of risk & difficulty identified to members. Attendees to be registered.	Leaders	Web booking period
							Leader to vet skills of event attendees in advance and check their prior experience, particularly of those not known to them by contacting them.	Leader	Prior to event
							If in doubt, suggest other rides at a more appropriate skill level	Leader	Prior to event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required	By Whom	When	
			Impact	Likelihood	Risk				
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
H2	Group member separated from the group	Separated member getting lost, stranded or injured	Members	1	2	2	Leaders are trained and assessed on group management, and be equiped with strategies to keep the group together, for example through positioning within the group, seeking assistance from other experienced group members, setting clear stopping points to reassemble, sharing contact details. Registration of all attendees. Groups limited to 9 per leader.A leader may reduce this depending on route variables.	Leader	Policy
H3	Falling or collision at speed, with ground, obstacles or other riders	Major traumatic injury including broken limbs, loss of consciousness, spinal or head injuries, blood loss	Members, Third parties	3	1	3	Appropriate PPE to be worn by all participants, including helmet, full-face helmet, padding and/ or body armour	Members	Policy
							All leaders to be have means to call emergency services, enhanced outdoor first aid training and access to first aid equipment, including group management skills whilst dealing with incidents	Leaders	Policy

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Risk	Action Required	By Whom	When
			Who	Impact	Likelihood				
What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom	When	
H4	Uncooperative or willfully obstructive behaviour by group members	Disturbance and distraction to other group members, danger to the group or themselves	Members	3	1	3	All leaders to have group management skills training.  End the ride for all participants if behaviour threatens to lead to dangerous situation for any participant  Appropriate remedies to deal with member behaviours through the code of conduct, to be made clear to all members	Leaders	Policy  During the event  Policy
H5	Soft tissue injuries caused by the physically demanding nature of the sporting activity	Short or long-terms aches, sprains or tissue damage	Members	2	3	6	Appropriate PPE to be worn at all times  Ensure members are warmed up prior to tackling more physically demanding obstacles or sections of the route  Leaders to be outdoor first aid trained and have equipment available to be able to deal with any minor scrapes, grazes and bruises	Leaders/ Members	Policy  Prior to the event  Policy
H6	Exhaustion caused by the physically demanding nature of the sporting activity	Short term exhaustion with the potential to affect judgment and/ or response times	Members	1	2	2	Leader to be appropriately trained to spot the signs of exhaustion, and carry snacks that can act as instant energy sources, be prepared to shorten or abandon the route via pre-planned escape routes. Members to carry snacks for instant energy.	Leaders	During the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Who	Impact	Likelihood	Risk	Mitigation	By Whom	When
H7	Pre-existing medical conditions	Injury caused by aggravation of existing ailments, or through new injuries as a result of existing ailments or medical conditions.	Members	2	2	4	<p>Participation statement is included on event pages, with members' acceptance of these conditions presumed upon booking. It is for the members' to consider their own fitness to take part in the event and to notify the event leader of any condition that they feel may affect their participation based on the event description.</p> <p>Leaders to be first aid trained to be able to handle incidents and have first aid equipment available</p>	Leaders/ Members	Event planning
H8	Incapacitation of the event leader whilst on an event either through injury or mechanical failure of their bike	Major injury to the leader (see above), also stranding of the group	Members	2	1	2	<p>Ensure route is available to all members in advance</p> <p>Ensure multiple participants on the event are first aid trained and have appropriate equipment to hand</p>	Leader/ Members	<p>Prior to the event</p> <p>Policy</p>
H9	Poisoning or extreme allergic reactions to food or drink	Anaphylaxis	Members	2	2	4	<p>Ensure that leaders are made aware by members who have a known allergy, and recommend that members who are likely to be affected bring along suitable medication on the day.</p> <p>Leaders to have appropriate first aid training to ensure that they recognise the symptoms of poisoning or anaphylaxis</p>	Members	<p>Prior to the event</p> <p>During the event</p>



Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact		Risk Matrix			Action Required		
		What	How	Who	Impact	Likelihood	Risk	Mitigation	By Whom
H10	Airborne grit, dust or debris in eyes	Irritation or damage to eyes, with potential to lead to permanent visual impairment	Members	3	1	3	Visors and eyeware (goggles etc) to be advised as part of standard PPE	Members	Policy
H11	Temporary night-blindness caused by sudden drop of light levels from shadows cast by vegetation, topography or structures	Momentary lapse in perception can lead to missing key turns, obstacles, potholes or other surface irregularities, leading to a fall or collision	Members	3	2	6	Visors and eyeware (goggles etc) to be recommended  Members to be made aware in briefings if conditions are likely to occur and modulate their speed accordingly	Members Members	Policy During the event
H12	Rider involvement in road traffic accidents	Major injury to the rider, property damage	Members, Third parties	3	1	3	Design route to avoid use of public highways  If unavoidable, ensure rider visibility by way of, for example lights, bright clothing or hi-viz vest. Manage groups to respond to the road conditions	Leader Leader/ Members	Event Planning During the event
H13	Collision at speed with other riders, , horses and their riders, or pedestrians (inc dogs)	Major injury to the rider or pedestrian	Members, Third parties	3	2	6	Inform riders of paths frequented by other forest users including equestrians, pedestrians and dog walkers. Take particular care at junctions of MTB trails with fire tracks and bridal paths used by the above  Check the route ahead before starting fast sections  Wear appropriate PPE	Leaders/ Members  Members	During the event
H14	Involvement in accident with vehicle on public highway	Major injury to rider, driver or damage to third party vehicles	Members, Third parties	3	2	6	Leaders to follow OUTMTB Off-road cycling procedures on road sections	Members	During the event

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required		
			Impact	Likelihood	Risk	Mitigation	By Whom	When
H15	Accidentally releasing livestock	Escape of livestock from field causing loss to owner of land	2	2	4	Double check all gates on exiting	Members	During the event

First Aid -OUTMTB permits new MTB leaders to lead without a first aid Certificate provided there is someone on the ride with a First Aid certificate and the new leader has committed to getting a certificate. Also experienced riders may lead with an expired certificate as long as they are getting it renewed in the near future..

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Risk	Action Required			
			Who	Impact	Likelihood		Mitigation	By Whom	When	
	What	How								
<b>Pandemic</b>										
P1	Poor hand hygiene	Risk of contracting or spreading infection	All	2	2	4	Remind members to bring hand sanitiser Use sanitiser regularly, especially after touching gates etc	Leader All	Pre-event message During the event	
P2	Riders congregating together at breaks & junctions or in busy areas	Risk of contracting or spreading infection	All	2	2	4	Remind members to keep distance during stops and at junctions Plan route to avoid narrow areas and busy shared spaces where social distancing difficult Adapt route on the day if routes busy with pedestrians or other riders	Leader Leader Leader	Pre-ride briefing Planning During the event	
P3	Sharing tools & equipment	Risk of contracting or spreading infection	All	2	2	4	Remind riders to bring their own equipment & food Discourage sharing of tools & snacks during the ride	Leader Leader	Pre-event message Ride briefing	
P4	Poor adherence to social distancing measures	Risk of contracting or spreading infection	All	2	2	4	Remind riders to remain socially distant at all times & wear masks if talking or where distancing difficult Highlight to each other when accidental lapse in distancing measures is observed	Leader All	Ride briefing During the event	

Pain or injury requiring first aid	1	Once every few years/ significant one-off events
Injury requiring professional medical attention	2	a couple of times year
Major injury leading to overnight hospital admission, permanent disability or death	3	At least once every couple of events

#	Hazard	Impact	Risk Matrix			Action Required			
			Who	Impact	Likelihood	Risk	Mitigation	By Whom	When
P5	Displays symptoms of infection during event	Risk of spreading infection	All	2	2	4	Request riders to not attend if displaying symptoms	Leader	Pre-event message
							Request rider to leave event immediately and contact NHS for testing	Leader	During the event
							Ensure attendance log correct to enable contact tracing if required	Leader	Post-event
P6	Displays symptoms within 14 days of event	Risk of having spread infection during event	All	2	2	4	Encourage riders to use per-event QR codes for notification via NHS Test & Trace	Leader	Pre-ride briefing
							Contact OUTMTB support to notify of possible infection so other attendees can be notified confidentially	All	Post-event
P7	Exposure during First Aid	Risk of contracting or spreading infection	All	2	2	4	Ensure current pandemic advice from St John Ambulance is being followed & only qualified first aiders to perform first aid	All	During ride

## **Gravel kit list for all attending**

1. Do a M-check on your bike before leaving home
2. A gravel bike in good working order that has wider tires than you would find on a road bike, suitable for grip on rough surfaces,.
3. At least one spare inner tube, tyre levers, pump and a spare chain link for your bike. Make sure they're the correct type and size for your bike. Plus any special tools your bike needs
4. Phone in a dry bag.
5. Food - to last for the length of the ride + emergency rations
6. Plenty of water (minimum 2lts)
7. Eye protection - sunglasses may do if not made of glass and not too shaded.
8. Lights - both rear and (Handlebar + helmet lights 1500+ Lumens combined)
9. Clothing: choose suitable clothes and footwear for the weather forecast and time of year. Short or long sleeve cycling jersey depending on weather, along with cycling shorts or tights depending. Gloves are required, but can be fingerless on warm days.
10. Cyclist's Helmet - OUTMTB policy requires you to wear a helmet on events
11. Back pack for waterproofs, tools, food, snacks etc and a dry bag to carry essential additional warm clothing.
12. A change of clothing, towel etc for when we finish.

## **Additional kit carried by the Gravel Leaders**

- Chain link remover
- Group shelter
- Toothpaste tube, gel wrapper or piece of tyre sidewall
- Tubeless repair patches or 'worms'
- Map + compass
- Lightweight survival blanket
- Money

### **MTB kit list for all attending**

1. Do a M-check on your bike before leaving home.
2. A good quality mountain bike. Full suspension or hard-tails mountain bikes with knobbly MTB tyres.
3. At least one spare inner tube, tyre levers, pump and a spare chain link for your bike. Make sure they're the correct type and size for your bike. Plus any special tools your bike needs
4. Phone in a dry bag.
5. Food - to last for the length of the ride + emergency rations
6. Plenty of water (minimum 2lts)
7. Eye protection - sunglasses may do if not made of glass and not too shaded.
8. Clothing: choose suitable clothes and footwear for the weather forecast and time of year. You will be exercising so lightweight layered clothing is best. Shorts are best even in rain, as they allow free movement of your legs. Jeans are useless if it rains but tracksuit bottoms need to be not too baggy or they may snag in the chain and cause an accident. You'll need flat soled trainers for standard pedals.
9. Cyclist's Helmet - OUTMTB policy requires you to wear a helmet on events. However a full face helmet is highly recommended as are gloves, knee and elbow pads
10. Back pack for waterproofs, tools, food, snacks etc and a dry bag to carry essential additional warm clothing.
11. A change of clothing, towel etc for when we finish as you'll probably be covered in mud when we finish!
12. SPF
- 13 Lights - Handlebar + helmet lights 1500+ Lumens combined

### **Additional kit carried by the Technical MTB Leaders**

- First Aid kit
- Chain link remover
- Group shelter
- Full set of Hex keys including Torx head\*
- Toothpaste tube, gel wrapper or piece of tyre sidewall
- Insulating tape and/or duct tape
- Small screw driver (for use on the stop screw on rear and front derailleur)
- Flat head and cross head screw driver

- Zip-ties
- Pliers
- Small bottle of lubricant
- Tubeless repair patches or 'worms'
- Spare brake pads for leader's own bike (these should be worn-in for immediate use)
- Brake pad separator
- Pre-set torque tool with 4mm and 5mm hex keys (usually to around 5mm)
- Knife or scissors
- Spare rear mech hanger
- Map + compass
- Lightweight survival blanket
- Lights (including red rear if going on the roads)
- Money

### **Extreme Technical MTB kit list for all attending**

1. Do a M-check on your bike before leaving home.
2. Good-quality full face mountain bike helmet is mandatory. Good-quality meaning in good working condition, is designed for mountain biking/downhill, hasn't been damaged or recently in an accident, fits correctly, and is within the manufacturers recommended life.
3. A good quality full suspension mountain bike with wide knobbly MTB tyres, capable of riding red/ black mountain bike trails.
4. Knee pads are required however we strongly recommend elbow pads and gloves.
5. At least one spare inner tube, tyre levers, pump and a spare chain link for your bike. Make sure they're the correct type and size for your bike. Plus any special tools your bike needs
6. Phone in a dry bag.
7. Food - to last for the length of the ride + emergency rations
8. Plenty of water (minimum 2lts)
9. Eye protection - sunglasses may do if not made of glass and not too shaded.
10. Clothing: choose suitable clothes and footwear for the weather forecast and time of year.

11. Back pack for waterproofs, tools, food, snacks etc and a dry bag to carry essential additional warm clothing.
12. A change of clothing, towel etc for when we finish as you'll probably be covered in mud when we finish!

### Additional kit carried by the Exetreme Technical MTB Leaders

- First Aid kit
- Chain link remover
- Group shelter
- Full set of Hex keys including Torx head\*
- Toothpaste tube, gel wrapper or piece of tyre sidewall
- Insulating tape and/or duct tape
- Small screw driver (for use on the stop screw on rear and front derailleur)
- Flat head and cross head screw driver
- Zip-ties
- Pliers
- Small bottle of lubricant
- Tubeless repair patches or 'worms'
- Spare brake pads for leader's own bike (these should be worn-in for immediate use)
- Brake pad separator
- Pre-set torque tool with 4mm and 5mm hex keys (usually to around 5mm)
- Knife or scissors
- Spare rear mech hanger
- Map + compass
- Lightweight survival blanket
- Lights (including red rear if going on the roads)
- Money
- MTB socket-set
- Cassette tool
- spare spoke