RISK ASSESSMENT FORM

Workplace	Buzz Active	**Likelihood (L)**	**X**	**Severity (S)**
Department	Children's Services	Almost Impossible	1	Insignificant (minor injury, no time off)
Risk Assessor	P Lansdown	Unlikely	2	Minor (injury and up to 7 days off)
Room/Area	Friston Forest/ Seven Sister Country Park/ Bedgebury pinetum	Possible	3	Moderate (injury causing more than 7 days off)
Activity/Task	Mountain Biking	Likely	4	Major (death or serious injury)
Date created	23/02/2026	Almost Certain	5	Catastrophic (multiple deaths)
Benefit of activity	**Teambuilding, learning new skills, fun, balance. Co-ordination, communication, trust, self esteem, problem solving, confidence**	**Low = 1-8**	**Medium = 9-14**	**High = 15-25**

	What are the significant, foreseeable, hazards? ***(the dangers that can cause harm)***	**Who is at Risk?**	**Current control measures** ***(What is already in place/done)***	**Risk Rating**			**What additional control measures can be put in place to reduce the risk further?**	**Revised Risk Rating**		
				L	**S**	**R**		**L**	**S**	**R**
1	Slips, Trips and falls	All	All riders to wear a certified helmet which is well fitting. Gloves are advised, and long sleeves to be worn. No one to ride a bike without a helmet and before the safety brief. Adequate tuition and skills training before the trail. Good communication should be set up with in the group. All leaders should be a MIAS level 2 and keep with in the ration of 1:8.	**3**	**2**	**6**				

2	Weather	All	A weather forecast must be obtained before the session and appropriate clothing and adjustments made to limit the risk of problems to health. Extra kit to be carried by the leader and group shelter. Trails should be checked after heavy weather and high winds for fallen trees and loose branches that could come down. Check the forestry commission the day before for advice.	**3**	**2**	**6**				
3	Trail conditions	All	This is affected by the weather, techniques practised to deal with certain conditions to limit problems. A visual check of the trail prior to riding to remove any potential hazards or high light any that may affect the session.	**2**	**2**	**4**				
4	Other trail users - public	All	Keep the group clear of the public, set up good communication within the group. Treat others with respect keep the group to a gentle pace when close to others. Be aware of dog walkers and leads. Be aware of horse riders and brief the group on what to do in an eventuality.	**3**	**1**	**3**				
5	Entrapment	All	Keep loose clothing tied away, trousers rolled up or tucked away. Hair tied back and any loose toggles tucked away.	**2**	**3**	**6**				
6	Failure of equipment	All	All bikes to have a thorough M check before use and full service record. Staff to visually inspect prior to any ride.	**1**	**3**	**3**				

7	Misuse of equipment	Participants	Full equipment training with group before ride. Clear safety briefs and boundaries for activities. Good communication between the group and how to look after the equipment when not in use.	**2**	**4**	**8**				
8	Uneven ground	All	Skills sessions to be able to cope with the terrain. Suitable training and riding area for experience of group. Suitable bikes for the riding. Visual inspection of the route prior to riding.	**3**	**1**	**3**				
9	Impact from sharp object	All	Visual inspection for any loose material on the ground. Awareness of the equipment and how to handle it safely. Clear riding space away from any low trees or objects. Suitable footwear and PPE. Keep speed low when in technical terrain depending on experience and ability.	**2**	**4**	**8**				
10	Impact with bike	All	Bar ends to be fitted, training and skills session to be done before ride, appropriate spacing when riding. Appropriate clothing to be worn. Awareness of dangers and strong group control. Bikes to be kept out of the way when not in use,	**2**	**3**	**6**				
11	Other riders in group	All	Group awareness and training in riding together. Good communication and space. Keep 1.5 bike lengths apart to begin with, practise stopping skills and balance games. No over taking on down hill sections.	**3**	**3**	**6**				
12	Airbourne dirt	All	Glasses are advised. Awareness of dirt coming of other bikes. Saline solution in first aid kits. Direction of riding adjusted to avoid flying particles.	**3**	**2**	**6**				

13	Wrong equipment	Participants	Choosing the correct fitting bike, having the set up suitable for the rider. If the rider is unconfident, then have the saddle slightly lower. Make sure that their hands can squeeze the brakes, sound solid briefing on bike fit during M check.	**1**	**2**	**2**				
14	Animals	All	Brief the group on potential encounters and what to do. Be respectful and mindful of others. Keep a wide berth of any larger animals that may cross the path.	**1**	**2**	**2**				
15	Getting lost	All	Routes to be recced before a ride, a map taken with every group with access points and emergency information. Mobile phone taken with appropriate numbers and battery to be taken. Instructors to be aware of potential diversions and to understand any unforeseen works or abnormalities in the forest.	**2**	**1**	**2**				
16	Flora and Fauna	All	Group briefing about the vegetation and what to avoid. Stay on paths and designated routes.	**1**	**2**	**2**				
17	Forestry works	All	Check the forestry website before the ride to see if there are any areas closed and any areas that might be hazardous with machinery. Avoid these areas with groups.	**1**	**2**	**2**				

Action Plan ***(when will the above additional control measures be implemented and by whom?)***

Action	By Whom?	Deadline	Date Completed

Signature and review

Name of Manager:			
1st review undertaken by:	P Lansdown	**Date:**	31/01/2023
2nd review undertaken by:	P Lansdown	**Date:**	29/11/2023
3rd review undertaken by:	P Lansdown	**Date:**	23/01/2024
4th review undertaken by:	P Lansdown	**Date:**	14/01/2025
5th Review undertaken by:	R Wilson	**Date:**	23/02/2026