

Risk Assessment Guidelines

A sensible approach must be taken at all times when filling in the Risk Assessment. Instructors and Coaches should be aware of 'downplaying' risks to avoid high risk grade. Awareness of risks allows us to mitigate and limit potential accidents. You should carry out dynamic risk assessments throughout the day.

Instructor Ability

Points	Code	Description
1	Expert	Extensive knowledge of MTB and long term experience of associated risks. Experience in emergency procedures. Most likely hold other AT qualifications that benefit MTB leading (MEL).
2	V experienced	Similar experience as above but less qualified. Broad knowledge of associated problems and some emergency procedures.
3	Skilled	Lesser qualified to the above but is well practiced in areas of MTB leading. May have no practical experience of emergency procedures.
4	Newly trained	Recently qualified leader, caution required in adverse conditions or with inexperienced students.

Environmental Conditions

Points	Code	Description
1	Friendly	Conditions do not hinder activity in anyway. Of no physical or mental concern to any student.
2	Awkward	Conditions may impede the activity in some way. Some student concerns when learning new skills.
4	Unstable	Conditions inhibit the activity performance. Students are uneasy, causing effect on leader's ability to safeguard individuals.
8	Hostile	Conditions that inhibit activity performance. High student anxiety and stress/fear. Objective dangers may arise that are uncontrollable.

Local Weather

Points	Code	Description
1	Good/fine	Calm weather conditions, no effect on the activity.
2	Inclement	Rain, increased wind and changes in temperature may affect activity.
4	Poor	Conditions affect activity such as constant rain, sleet or snow, high winds or large changes in ambient temperature. Weather conditions combined with environmental conditions may lead to dangers.
8	Stormy	Extreme weather conditions, certain affect on activity affects the student's performance. Overall activity risk id therefore likely to increase.

Instructor Familiarity

Points	Code	Description
1	Current	Detailed and current knowledge of the area. Aware of potential hazards.
2	Familiar	Familiar with the area though not extensively. Knowledge of potential hazards.
3	Unfamiliar	Recent knowledge of similar activity areas and potential hazards but unfamiliar with particular area.
4	Unknown	Instructors who are unfamiliar with the activity areas without any 'up to date' available information.

Student Ability

Points	Code	Description
1	V competent	Student at appropriate course level and has experience in mountain biking. Self sufficient to deal with potential problems.
2	Competent	Student capable of coping with the activity and able to take care of himself in most situations. Sensible and aware.
3	Inexperienced	Student has some experience in activity yet may require observing at times.
4	Novice	Student is new to the activity or is unknown to the leader. Day one students.

Activity Choice

Points	Code	Description
2	Controlled	Leader in full control. Occasionally students may have to perform some tasks unaided. Leader should always be in a position to assist if necessary.
5	Complex	Students may have to remember previously taught skills and emergency action. An activity that students have to perform unaided by the instructor.
10	Difficult	Students required to perform learned skills, in hazardous situation. Weather changes and environmental impact may affect students and cause potential problems.
20	Hazardous	Real risk to 'life and limb' which the instructor must carefully control. Students will be more reliant on the leaders help and guidance. Student anxiety may lead to activity becoming difficult and hard to control. This activity should not be undertaken.



Mountain Biking Risk Assessment

Date/Time	Activity Location / Description	Leader Ability	Leader Familiarity	Student Ability	Environmental Conditions	Local Weather	Activity Choice	Total Score	Risk Grade	
		1 Expert 2 V experienced 3 Skilled 4 Newly Trained	1 Current 2 Familiar 3 Unfamiliar 4 Unknown	1 V Competent 2 Competent 3 Inexperienced 4 Novice	1 Friendly 2 Awkward 4 Unstable 8 Hostile	1 Good/Fair 2 Inclement 4 Poor 8 Stormy	2 Controlled 5 Complex 10 Difficult 20 Hazardous	7-13 14-19 20-39 40-48	Low Medium High Very High	
								Actions Taken	Total Score	

Leader Signature		Date/Time
Seconding Signature		Date/Time