

Risk Assessment – Bike Riding

Area of Operation: leisurely ride to the shops, forest rails or waymarked cycle paths

Who is at risk?

- Staff
- Students
- Members of the public

Hazards	Risks	Safety Measures to Control Risks
Injuries from physical activity	Risk of bruises, sprains, or strains from running, falling, or physical contact	<ul style="list-style-type: none"> ○ Lead a structured warm-up and stretching routine before activities to prevent injury. ○ Staff monitor for safe play, discourage overly aggressive behaviour, and encourage students to respect boundaries. ○ Carry a first aid kit, with staff trained in handling minor injuries such as cuts, sprains, and bruises.
Equipment related injuries	Risk of injury from being struck by balls or equipment like cricket bats or football goals	<ul style="list-style-type: none"> ○ Provide age-appropriate equipment, demonstrating safe use, especially with bats and balls. ○ Designate specific zones for equipment setup to ensure students stay at a safe distance, particularly when using bats or heavy balls. - Use soft or foam balls if hard balls increase the risk of injury for younger students.
Crowded or confined spaces	Risk of overstimulation, leading to distress or students wandering off	<ul style="list-style-type: none"> ○ Choose open, spacious areas to minimise crowding and give students room to play. ○ Conduct frequent headcounts and remind students to stay within designated boundaries. ○ Consider sensory aids, like earplugs or fidget items, to support students prone to overstimulation or sensory distress.
Fatigue or overexertion	Potential for tiredness, muscle strain, or discomfort due to prolonged activity	<ul style="list-style-type: none"> ○ Plan regular breaks to rest and rehydrate, particularly in warm weather or during intensive activities. ○ Ensure activities are adapted to student's physical abilities and encourage them to communicate if they feel tired or need to rest. ○ Provide water and healthy snacks to maintain energy.

Hazards	Risks	Safety Measures to Control Risks
PPE (Personal Protective Equipment)	Risk of serious injury from falls if PPE is not worn properly	<ul style="list-style-type: none"> ○ Helmets must be always worn. ○ Conduct a thorough check of each child's Helmet before beginning the ride, ensuring proper fit, there is no damage and the helmet is within the manufacture's lifespan, this is normally between 3-5 years old. ○ Ensure everyone participating is wearing appropriate clothing and secure close toe shoes.
Faulty Equipment	Risk of equipment malfunction leading to falls, sprains, or fractures	<ul style="list-style-type: none"> ○ Staff to inspect all equipment before use, checking bikes for issues by completing an M-check and if any major issues are found, the bike should not be used. ○ Carry repair kit which includes bike multi tools, spares inner tubes and pump. Ensure students understand how to report any equipment issues immediately. Instructor to carry a mobile phone support.
Collision Between Riders	Injury from collisions	<ul style="list-style-type: none"> ○ Ensure all students and adults can control their bike, this includes, pulling away, cornering and braking. ○ Monitor group spacing.
Technical Terrain	Moving to unsafe areas	<ul style="list-style-type: none"> ○ Stay within 30 minutes of a key access point (e.g., car park, lay-by, or populated area). ○ Avoid areas above 600 metres altitude. ○ Stick to marked cycleways and trails. ○ Adhere to local by-laws, trail closures, and temporary notices. If you would like to use blue/red bike trails, jump tracks, or pump tracks the ride leader must hold an appropriate mountain bike qualification, have had an in-house assessment and follow the Mountain Biking Standard Operating Procedure.
Roads	Moving to unsafe areas	<ul style="list-style-type: none"> ○ Plan routes avoiding busy roads. ○ Ensure all students and adults have suitable ride skill to ride on the road before starting. ○ Cycle in line with the highway code. ○ Use high viz jackets if deemed appropriate by the leader NIGHT RIDES – use rear red lights as well as front.

Hazards	Risks	Safety Measures to Control Risks
Separation or wandering	Risk of students straying from the group or moving to unsafe areas	<ul style="list-style-type: none"> ○ Use a buddy system with each staff member assigned to a small group. ○ Establish clear boundaries, reviewing these boundaries with students before beginning. ○ Agree a safe meeting point before beginning, in the event any person in the group gets separated. ○ Staff carry ID cards and mobile phones for quick communication if separation occurs.
Extreme weather conditions	Risk of heatstroke, dehydration, or injury due to slippery surfaces in wet conditions	<ul style="list-style-type: none"> ○ Check the weather forecast before the visit, cancelling in extreme heat or wet conditions. ○ Check the weather forecast and adapt plans accordingly: ○ Wind 25mph+: Stay in open spaces away from trees – May Go. ○ Weather Warnings: Follow official advice – No Go. ○ Lightning: Stop activity and seek shelter for 30 minutes past the last thunderclap – No Go. Avoid riding in frozen conditions. ○ Plan regular breaks in shaded or sheltered areas, with students hydrated. ○ Ensure students wear appropriate clothing and provide sunscreen, hats, or rain gear as needed.
Fatigue or overexertion	Potential for tiredness, muscle strain, or discomfort due to intensive physical activity	<ul style="list-style-type: none"> ○ Plan regular breaks to rest and rehydrate, particularly if the activity is prolonged. ○ Ensure students pace themselves according to their skill level, discouraging excessive speed or high-intensity tricks. ○ Provide water and healthy snacks to help maintain energy levels. The leader should make sure they select suitable areas for the group's ability and conditions. The route will be chosen with enough time in daylight to allow for start time, delays on route.
Emergency Evacuation	Risk of confusion or distress if evacuation from the area is required	<ul style="list-style-type: none"> ○ Review emergency procedures with staff and students before beginning the activity. ○ Identify and communicate the location of emergency exits and safe meeting points. ○ Keep a high staff-to-child ratio to support students during emergencies, ensuring they stay with the group. ○ First Aid Kit: For treating minor injuries. ○ Staff member to carry charged mobile phone
Coming across animals such as horses, ponies, and cows in the Forest.	Injury to self and animals through collision	<ul style="list-style-type: none"> ○ Groups will pass slowly, giving plenty of room for the animal to move away. ○ Participants to not approach animals. ○ Do not feed horse, cow and other wildlife.



To be read in conjunction with the following:

- Student's Risk Assessments
- Participant Consent / Medical Information
- Emergency Action Plan Flow-Chart

Reviewed: September 2025

Approved by: **RAISE-AP** Educational Directors, September 2025

Next Review Date: September 2027