

## Peninsula Outdoors Risk Management Plan Bike Riding

The list below incorporates some of the risks associated with Bike Riding.

*Please note: the list below is not all encompassing and some associated risks may not have been identified.*

Risk Description	Existing Controls	Rating		
		Effectiveness of existing controls	Risk Consequences	Risk Likelihood
Poor or limited cycling skills lead to accident/or injury.	<ul style="list-style-type: none"> <li>• Session will match the ability and skills of the group, participant skills will be assessed prior to leaving campsite.</li> <li>• Brief participants on required skills – braking, gears.</li> <li>• Bicycles will be the correct size for individuals</li> <li>• Offer opportunity for sufficient practice before leaving campsite</li> <li>• Instructor must be able to provide different sessions for appropriate to skill levels.</li> </ul>	<b>Satisfactory</b>	<b>Moderate</b>	<b>Likely</b>
Participant or staff member is stung or bitten by ant, bee, spider etc, leading to swelling or anaphylactic reaction.	<ul style="list-style-type: none"> <li>• Ensure staff are aware of any allergies, specifically anaphylactic students. •</li> <li>Medications should be carried at all times in close proximity to participant. •</li> <li>Evacuation procedure should be well known by staff.</li> <li>• Communications will be carried and available at all times.</li> <li>• UCC Emergency Management Plan “Offsite Activity Critical Incident” procedure will be followed.</li> </ul>	<b>Satisfactory</b>	<b>Major</b>	<b>Unlikely</b>
A steep descent leads to excessive speed and/or lack of control resulting in injury.	<ul style="list-style-type: none"> <li>• Instructor will ride ahead to warn participants of any hazards.</li> <li>• Participants with limited confidence are not to undertake steep descents. These students should walk their bicycle down the descent, on the shoulder of the road, after the other cyclists have descended.</li> <li>• Participants should leave sufficient space between individuals before and during descent.</li> </ul>	<b>Satisfactory</b>	<b>Major</b>	<b>Likely</b>

	<ul style="list-style-type: none"> <li>Participants will be instructed on effective and safe braking and speed.</li> </ul>			
A large group size results in poor supervision leading to accident and/or injury.	<ul style="list-style-type: none"> <li>Group sizes will comply with ratios stated – and take into consideration participant skills, knowledge and confidence.</li> <li>Staff will make sure that the group stays in close proximity and that the back of the group is able to communicate with the front.</li> <li>Regular rest stops will ensure group stays together.</li> </ul>	<b>Satisfactory</b>	<b>Moderate</b>	<b>Likely</b>

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During the ride the group separates and, as a result, student(s) become lost or are exposed to uncontrolled hazards	<ul style="list-style-type: none"> <li>One staff member will position themselves at or near the front of the group and another staff member at the rear.</li> <li>Frequent rest stops and head counts conducted to eliminate chance of lost participant.</li> <li>Specific and clear protocols will be established in the case of group breakdowns and road intersections.</li> </ul>	<b>Satisfactory</b>	<b>Moderate</b>	<b>Unlikely</b>
A vehicle collision occurs	<ul style="list-style-type: none"> <li>Participants will be briefed on basic road rules and any specific information for the location and potential hazards</li> <li>Rest stops will be taken in an area where the entire group can get completely off the road.</li> <li>Students will not participate beyond their capabilities.</li> </ul>	<b>Satisfactory</b>	<b>Major</b>	<b>Rare</b>

<p>Staff or student fatigue results in incident and/or injury.</p>	<ul style="list-style-type: none"> <li>• Planning will consider the skills and experience of participants and ensure activity level is suitable.</li> <li>• Appropriate timed rest stops will be taken and will match the intensity of activity, weather conditions and group ability.</li> <li>• Participant food and water intake will be monitored.</li> <li>• Strategies will be considered to support individuals – modify, relocate evacuate or cancel activity.</li> </ul>	<p><b>Satisfactory</b></p>	<p><b>Moderate</b></p>	<p><b>Unlikely</b></p>
<p>Participant misbehaves causing potential danger to themselves and/or the entire group.</p>	<ul style="list-style-type: none"> <li>• Participants are briefed and made aware of potential dangers within the rock environment.</li> <li>• Behavioural expectations of participants are fully explained.</li> <li>• Teachers/assisting leaders to assist as per camp supervision protocols.</li> <li>• In the event of no support, or behaviour that endangers the group, cancellation of the activity</li> <li>• In the case that behaviour creates a situation where anyone is put in a potentially dangerous situation, the activity will be cancelled.</li> <li>• The Mountain bike Instructor will be responsible for deciding if circumstances are such that the activity cannot be conducted in a safe manner.</li> <li>• If this decision is made the activity will be stopped immediately..</li> </ul>	<p><b>Satisfactory</b></p>	<p><b>Moderate</b></p>	<p><b>Likely</b></p>
<p>A mechanical failure, damaged or inappropriate equipment leads to an accident and injury.</p>	<ul style="list-style-type: none"> <li>• All equipment is checked by the Instructor immediately prior to the activity taking place</li> <li>• All equipment is thoroughly checked weekly</li> <li>• A log of use of equipment is maintained.</li> <li>• Participants are briefed on how to correctly fit all safety equipment prior to activity.</li> <li>• Each participants gear is individually checked before leaving site to ensure proper fit.</li> <li>• A range of sizes of helmets and bikes are available and in good condition.</li> </ul>	<p><b>Satisfactory</b></p>	<p><b>Moderate</b></p>	<p><b>Unlikely</b></p>

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Exposure to extreme weather conditions including wet, cold and windy or heat and sun causing discomfort and potentially leading to illness such as hyperthermia, extreme sun burn, heat exhaustion or heat stroke.	<ul style="list-style-type: none"> <li>• Review weather conditions prior to activity</li> <li>• Monitor temperature and shorten, relocate or adjust activity as required</li> <li>• Ensure adequate fluid intake</li> <li>• Ensure appropriate, adequate clothing and protection against elements is worn before and during activity</li> <li>• Observe participant's condition during activity.</li> <li>• Consideration of wind chill factor if wind is present</li> <li>• Cancel activity if conditions are such that activity cannot be conducted safely and participation will place participants in extreme danger.</li> </ul>	<b>Satisfactory</b>	<b>Moderate</b>	<b>Likely</b>