Chester Great Outdoors Club Risk Assessment

Generic Risk Assessment – Mountain Biking / Off-Road Cycling Activities

Activity: Mountain Biking / Off-Road Cycling – Organised Rides

Environment: Bridleways, trails, forest tracks, open countryside

Participants: Volunteers, volunteer ride leaders, club and prospective club members

Assessment Type: Generic – Volunteer Led (to be supported by dynamic risk assessment on the day)

Useful References:

Members Area - Chester Great Outdoors Club – includes Insurance and Accident Reporting Statement; CGOC Leaders Notes; CGOC Safety Participation Guidelines, etc

Cycle safety advice | Cycling UK

Risk assessment template | Cycling UK

Countryside Code

Get to know British weather on the Hills - The British Mountaineering Council

Mountain Weather Information Service

Management of Health and Safety at Work Regulations 1999

Version 1 – October 2026

CHESTER GREAT OUTDOORS CLUB

All volunteer activity leaders are strongly encouraged to recce the route / activity prior to the event in order to identify potential hazards.

Hazard	Who May Be Harmed	Potential Harm	Control Measures (Volunteer-Led)	Residual Risk
Uneven terrain, roots, rocks, mud	Riders	Falls, cuts, fractures	Routes selected to match group ability; riders briefed on technical sections; suitable tyres and bikes required; controlled pace set by leader	Medium
Steep descents and climbs	Riders	Loss of control, collision, serious injury	Challenging sections highlighted; riders encouraged to dismount if unsure; regrouping points used after descents	Medium
Natural and man-made obstacles (gates, bridges, steps)	Riders, members of the public	Collision or falls	Hazards pointed out verbally or by hand signals; reduced speed through shared areas; courtesy to other path users	Low–Medium
Weather conditions (rain, wind, heat)	All participants	Reduced grip, fatigue, heat exhaustion	Weather forecast checked prior to ride; trail conditions assessed on the day; route modified or	Low–Medium

			cancelled if unsafe; hydration and clothing guidance provided	
Poor visibility or low light	Riders	Collision, navigation errors	Rides planned for daylight hours; lights required if low light possible; clear turnaround times set	Low
Group riding risks (close riding, speed difference)	Riders	Collisions within group	Pre-ride briefing provided; spacing maintained; no pressure to ride beyond ability; leader and back marker roles used	Medium
Mechanical failures (brakes, tyres, chains)	Riders	Loss of control, stranded rider	Participants responsible for bike maintenance and carrying basic tools for their own bike; regular regrouping and welfare checks	Low–Medium
Fatigue and overexertion	Riders	Reduced concentration leading to accidents	Route length and elevation suitable for group; regular breaks; pace adjusted to weakest rider; option to shorten route	Low–Medium

Medical emergencies or injury	Riders	Serious injury or illness worsening	Participants encouraged to disclose relevant conditions; basic first aid awareness; mobile phone carried; emergency procedures known	Medium
Remote locations / limited mobile signal	All participants	Delayed emergency response	Leaders familiar with access points and escape routes; emergency procedures followed (999/112); group remains together	Medium

Emergency Procedures (Volunteer Led)

1. Stop the ride and make the area safe for the group
2. Provide first aid and prevent further injury or exposure
3. Call 999 or 112 if required and provide clear location and casualty details
4. Assign volunteers to manage group safety if appropriate
5. Follow emergency service instructions and keep group together
6. Report incident to CGO Secretary

Review Date	Reviewed By	Comments / Changes Made
27th Oct 2026	**CGOC Committee**	**1st Issue**