

## **Risk Assessment for Cycling Training Sessions at Orton BMX Track**

### **Risk Assessment Matrix**

	<b>Severity of Outcome</b>		
<b>Probability of Accidents</b>	Slightly harmful (Low)	Harmful (Medium)	Extremely harmful (High)
Highly unlikely (Low)	Trivial Risk	Tolerable Risk	Moderate Risk
Unlikely (Medium)	Tolerable Risk	Moderate Risk	Substantial Risk
Likely (High)	Moderate Risk	Substantial Risk	Intolerable Risk

### **Risks and Actions**

<b>RISK LEVEL</b>	<b>ACTION AND TIMESCALE</b>
Trivial	No action required.
Tolerable	No additional controls are required. Consideration may be given to a more effective solution or improvement.
Moderate	Efforts should be made to reduce the risk. Risk reduction measures should be implemented within a defined time period. Where the moderate risk is associated with harmful/serious consequences further assessment may be necessary to establish more precisely the likelihood of harm as a basis for determining the need for improved control measures.
Substantial	The activity should not be started until the risk has been reduced. Considerable resources may have to be allocated to reduce the risk. Where the risk involves activity already in progress, urgent action should be taken.
Intolerable	Activity should not be started or continued until the risk has been reduced. If it is not possible to reduce risk even with unlimited resources, activity has to remain prohibited.

## **Risk Assessment BMX Track**

<b>Risk</b>	<b>Probability H / M / L</b>	<b>Severity H / M / L</b>	<b>Risk Level</b>	<b>Planned Action to Control Risk</b>
Injury inherent with full BMX Racing	M	H	Substantial Risk	Risk will be reduced to "Tolerable" level by only using individual elements of the BMX Track (eg corners, bumps) to reinforce and develop current skills of riders. Full, side-by-side BMX racing will not form part of the training session.
Injury to other users of facility	L	M	Tolerable Risk	Training will be conducted away from any members of public using the track. All riders instructed on the extent of the specific cycling training area for each exercise.
Injury to riders from collision with obstacles	L	H	Moderate Risk	Training area to be set up clear of all obstacles. Any inherent obstacles (eg bumps, jumps and sharp corners) will be identified to riders. All vehicles to be parked away from training area. All unused cycles and other equipment to be stored away from training area. Coach to inspect training area for any debris or litter prior to each session.
Injury to riders due to over exertion or bad technique	L	M	Tolerable	All coaching will be carried out by qualified coach. Full instruction and explanation of each exercise before commencement and understanding established by verbal questioning. All exercises will be suitable for age and ability of the group. Students will be supervised at all times. Staff/parents to advise of any medical conditions/injuries that may affect students ability to participate.
Injury to riders due to collision with other participants	L	H	Moderate Risk	Rules relating to safe conduct when riding are communicated prior to each session. Understanding is confirmed with verbal questioning. Any riders demonstrating potentially dangerous activity to be warned then removed from activity. All activities during the session will be appropriate to the experience and ability of riders
Injury to riders not participating in exercise	L	M	Tolerable Risk	Riders not participating in any exercise will remain in safe area identified prior to exercise. Students advised of potential risks prior to start of session.
Injury to riders due to inappropriate clothing or footwear	L	M	Tolerable Risk	Clothing check will be conducted prior to each session. Long trousers or leggings and long sleeved tops to be worn to protect against any abrasions subsequent to a fall. Loose clothing to be tucked in or removed. Long hair to be tied back. No eating or chewing during session. No drinking whilst riding
Injury to riders due to inappropriate equipment	L	L	Trivial Risk	All equipment is checked regularly and prior to each session. Damaged cycles and helmets are repaired or removed.

<b>Risk</b>	<b>Probability H / M / L</b>	<b>Severity H / M / L</b>	<b>Risk Level</b>	<b>Planned Action to Control Risk</b>
Illness or sickness of students during session	L	M	Tolerable Risk	Emergency first aid contact established at arrival.