Lindley Educational Trust Hollowford Centre	**Risk Assessment** **Cycling**	Current as of January 2026 By Paul Booker Review date by 31 January 2027

Benefit Statement	A great way to engage people in a healthy activity that is easily undertaken at home. People learn the skills to ride a bike safely. Cycling on rough terrain often adds a new and exciting dimension.

HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQURED	RESPONSIBILITY / DUE & COMPLETED DATES
General	Various injuries	Code of Practice applies Suitably qualified & experienced instructor (includes First Aid) Clear briefings & supervision All accidents, near misses and incidents are recorded and appropriate action undertaken as required. Safety reviewed in staff meetings. Seek & share information with similar providers Pre-ride checks, including brake and gear checks by riding the bikes in safe environment must be completed prior to any cycling activity.	No further action at this stage	
For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session				
Extreme Weather	Sunburn Hypothermia Hyperthermia	Instructor to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety. Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks as appropriate Remind visiting staff & young people about sun protection.	No further action at this stage	
Participants	Various	Participants asked to share relevant previous & existing medical issues. Visiting group leaders asked any other (eg behavioural) issues Staff ratios (group size) amended as required	No further action at this stage	
Falls	Serious injury	Skills assessed and suitable route chosen Clear briefings & supervision. Staff suitably experienced and qualified. Participants suitably clothed Helmets, Glasses and Gloves worn	No further action at this stage	
Members of the public	Various	Venue / route choice. Included in briefing Qualified & experienced instructor	No further action at this stage	

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HAZARD	RISK	CONTROL MEASURE	FURTHER ACTION REQURED	RESPONSIBILITY / DUE & COMPLETED DATES
Equipment failure / damage	Serious injury / getting stuck in remote location	Hollowford bikes are well maintained Bikes only hired from reputable organisation Bikes M checked before and after each use Repair kit & spares carried Instructor to carry mobile phone	No further action at this stage	
Traffic	Serious injury	Qualified & experienced instructor Venue / route choice Avoid right turn. Stop on left & cross road on foot when clear to do so.	No further action at this stage	
Collision	Serious injury	Venue / route choice Qualified & experienced instructor	No further action at this stage	