

# Hazards and Controls

## Mountain Biking

Location – TRP Trails



Identified Hazard	Potential Harm	Severity	Controls/Management
Riding dangerously	Broken bones Sprains, Dislocations Cuts, Abrasions Concussion Riding over another biker	12	<ul style="list-style-type: none"> <li>• Instructor and group leader to supervise at all times</li> <li>• Teach safe riding skills</li> <li>• Don't ride too fast</li> <li>• Stay in control at all times</li> <li>• No jumps or skids</li> <li>• Ride with enough space between riders</li> </ul>
Hit by vehicle in the road	Fatality Head/neck/spinal injury Broken bones Abrasions	10	<ul style="list-style-type: none"> <li>• Ride single file</li> <li>• Stay left</li> <li>• 30km speed limit on road for vehicles</li> <li>• Instructor/leader front and back of group</li> </ul>
Hitting Obstacles	Broken bones Sprains, Dislocations Cuts, Abrasions Concussion	8	<ul style="list-style-type: none"> <li>• Ride within limits.</li> <li>• Teach effective braking techniques</li> <li>• Stay in control</li> <li>• Choose tracks that suit group skills</li> </ul>
Natural Environment	Thorns, blackberry scratches Wasp stings	4	<ul style="list-style-type: none"> <li>• Stay on track</li> <li>• If allergic carry Epi-pen</li> <li>• Maintain tracks with spray/cutting</li> </ul>
Falling off bike while riding	Broken bones Sprains, Dislocations Cuts, Abrasions Concussion	10	<ul style="list-style-type: none"> <li>• Adjust frame size and seat height to proper fit</li> <li>• Teach pedaling and balance skills</li> <li>• Wear properly fitting helmets</li> <li>• Ride within ability</li> <li>• Choose tracks that suit group skills</li> </ul>
Getting lost/Separated	Emotional Harm/stress	2	<ul style="list-style-type: none"> <li>• Stay in a group</li> <li>• Route planned and adjusted by instructor to cater to groups ability and available time</li> </ul>
Faulty equipment	Broken bones Sprains, Dislocations Cuts, Abrasions Concussion	6	<ul style="list-style-type: none"> <li>• Use good quality and condition helmets</li> <li>• Maintain bikes to a high standard</li> <li>• Check bikes before and after each ride</li> </ul>
Weather	Hypothermia/hyperthermia Sunburn	4	<ul style="list-style-type: none"> <li>• Wear appropriate clothing</li> <li>• Use sunscreen and hats</li> </ul>
*(Severity - Refer Hazard and Risk Control System)		<b>Total Risk Rating</b>	<b>7</b>

**Emergency procedures**

- Stop activity
- Contact Tui Ridge Staff member
- Assess injury and apply first aid if required
- If serious injury, contact ambulance services, do not move patient
- Stay with patient until help arrives
- Continue activity if appropriate