

## Red Rat Rampage Mountain Bike Challenge Risk Assessment

**ALL RIDERS MUST READ CAREFULLY!!**

Mountain biking is a POTENTIALLY DANGEROUS activity and participants ride at their **OWN RISK**.

**All RIDERS ARE RESPONSIBLE FOR:**

- FAMILIARISING themselves with their chosen route.
- SHOWING DUE CARE & RESPECT FOR OTHER road & trail users.
- Taking out their own INSURANCE as they will NOT be covered otherwise.
- WEARING A SUITABLE HELMETS

**Riders should ALSO** wear suitable clothing & footwear & also carry a waterproof jacket, gloves, hat & a first aid kit incl a 'space blanket' in addition to water, a snack, mobile phone & bike repair kit **INCLUDING A PUMP**.

**RIDERS MUST ALSO ensure** their bikes are suitable for riding both on & off road terrain (mud, rock, gravel, grass) & in sound mechanical order.  
(Riders are to receive clearance from their doctors if they have a medical condition that could be adversely affected by exercise.)

**This is a social 'Challenge' event to raise funds for Eyam Pump Track and is NOT A RACE**

Hazards	Who	Existing control measures	Risk	Action +	By Who
Adverse Weather (Torrential rain, wind or heat)	Riders & Marshalls	In extreme weather conditions the event will be cancelled. Mountain biking (MTB) is an all-weather sport so cancellation is not envisaged – riders are clearly advised to carry/wear appropriate clothing (See above)  Riders are required to have a well-maintained bike; in particular effective brakes.	H	Cancel Event if necessary Include prerequisites re clothing and bike with joining instructions. Vigilance & supply water/hot drinks at start, interim stations (2) & finish.	'Management Team'
Rough Terrain (Injury and mechanical breakdown)	Riders	Requirement for all riders to check that they have a well-maintained bike suitable for off-road use, wear suitable protective clothing incl helmets & carry repair kit.  Route is along bridleways and tracks that are open to the public.  A 'Sweeper' will ride at the back of the group to ensure that all riders have finished and that no one is left out on any route.  Marshalled points will have first aid and repair kits.	M	Registration process includes warning that 'essentials' MUST be carried & Marshalls to carry out spot checks refusing entry if underprepared.  Co-ordinate sweepers  Distribute repair kits, FA & food & water/hot drinks	Event Leader
Rough Terrain (Minor injury, scrapes, cuts etc)	Riders	Injuries will be reported to check points and/or event leader by telephone or through other riders. Riders given organisers contact numbers	L	Riders advised to carry minor FA kit. Ensure riders have contact numbers	Reg team
Riders travelling in opposite directions (Combes dale)	riders	Start of Medium & longer routes to be at least 1 hour before short routes to ensure those on short route do not encounter riders descending	L	Web site info clearly states start times.	Reg Team/web designer
Animals –	Riders	Access off road is solely along public bridleways and tracks. Riders advised to take due care in vicinity of horses & other animals eg sheep, deer, etc.	L	Incl 'What to do when encountering horse-riders?' from Peak District MTB website.	Web/designer
Other users (Monsal Trail)	Walkers Cyclists Pushchairs Dogs	The start staggered & will help to spread the riders out along the route. This will avoid large groups of riders coming in to contact with other users of the route.  Riders have been informed that all of the route is open to other users and due care is required.	M	Warning signs above & below fast descents Countryside code for MTBers to be displayed on website & at event start	Planners
Crossing Roads (Serious injury)	Riders Road users	There are a limited number of road crossings and only short sections of the route on public highways. The event is not a race, and riders will be expected to stop at all crossing points and take due care.	H	Road crossings have been minimized. Crossing at Housley, Stoney Middleton, Hassop, Darley Dale to have Warning signs along roads to alert motorists	Marshall co-ord' / Event leader
Navigational Error	Riders	Route to be identified by large Yellow/Black markers and maps available to riders. All route markers identical in appearance to help riders identify them.	M	Marshalls at road crossings help with directions.	Marshall co-ord' /

		Maps of the routes available by download from Website, at the start and at checkpoints.			
Dehydration and exhaustion		The 6 of 8 check points have plenty of food and drink available free to the riders.  <b>The event is not a race.</b>	M		Marshall co-ord'
Parking and road congestion at start		Local parking available Start at Hawkhill Rd. where adequate parking available.	L	Parking Marshall Cyclists and vehicles will be separated	Marshall co-ord'