A group of planes flying in formation

Description automatically generated with medium confidence

**TPC Mountain Bike Riding – Pre-activity Brief**

Items from the Hazard risk assessment that are to be included in the pre-activity brief to all participants:

* Complete forms – no form, no riding – to ensure people are covered by the church’s insurance
* First Aid – notify adult, phone Organiser - First Aid officer who will carry kit, Walk in Centre, Hospital A&E, Emergency 000
* All riders – individual safety check of bike before start, helmets, sunscreen, water
* Ride in groups of at least 2, with an adult
  + Stay within the fenced area, don’t go through entrance to the lake
  + Anti clockwise – in one direction
  + Don’t ride to close to person in front, emergency stop
  + Other people on tracks – walkers, riders
  + Kids on GREEN tracks, only Adults on BLUE tracks
  + Blackberry, rocks, tree roots
  + Snakes – move away, stay out of grass
  + Swoop by Magpie – stop, walk bike away, look at bird
* Toilets – in pairs with adult permission
* ABCDE by individuals, kids with parents help (air pump, tools, chain lube)
  + Air pressure in tyres
  + Brake test standing
  + Chain test not loose, rusty
  + Drop test standing
  + Everything else, seat height adjusted, quick release handles tight
* Approval to take photos and put on TPC website