

**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