

MCS - Instructions and risk assessment for coach-led rides on Malvern hills – updated Apr 2019

Overview - Routes will use appropriate level 2 terrain (all roll-able features, 30 mins walk to ambulance access, 90% rideable by whole group). Rides will finish at 9 acres (or wherever main coaching groups are based). Max 8 riders per group leader. Ride at pace to suit slowest in the group. 5-10km in length.

Timetable

Start: 17.45 at West of England quarry car park (top turning circle) close to WR14 4DH SO 767 448 Finish: 19.00 at 9-Acres tennis courts, The Lees, Malvern, WR14 3HT Grid ref SO 779 449

Set-off checklist for leader	Leader equipment checklist
Parent/ guardian sign each week – check emergency mobile	Mobile phone list (below)
Bike safety + helmet check + inner tube check	Radio or mobile phone or both
Appropriate clothing check	Map of area (below) / OS Locate on phone
Reminder to stay still if lost	Basic toolkit incl pump + mix of tubes
Brief on trail manners, speed, space between riders, erosion	Spare clothing incl hat, gloves, jacket
Take photo of group in case of lost rider	

Risk	Mitigation
Child getting lost	Always 2 coaches or 1 coach + 1 expert rider, 1 front, 1 back. Front rider to check behind at all junctions. Both coaches with mobile phones/ radios. Regular stopping points/ counts. Coach note last known location – Helper retrace latest steps for 5 mins + return, group stays still
Incidents with other trail users	Brief on trail manners, skidding etc. Keep to established tracks. Slow down for walkers/ horses. Instruction to keep distance between riders.
Injury from falls	Keep to L2 terrain, appropriate to group ability. Leader will have 1st aid kit and 8hr 1st aid course and awareness of location. Bike/ helmet check at start of each ride, esp for new riders. Leader has spare jacket/ hat gloves for warmth. Selected riders already assessed against skills criteria.
RTA at road junctions	Assess prevailing road conditions/ rider abilities. If necessary all riders dismount, stop traffic and cross road on foot. Leader/ helper to give instruction before crossing and to stop traffic at junction.
Mechanicals	Leaders to carry tools/ some spares. All children to come with spare tubes. Tyres should be suitable for terrain, parents notified in advance.
Communication	Leaders have mobile phones and/ or radios. Mobile phone numbers for those at 9 acres who will have parent/ guardian phone numbers. Leaders to carry map of area/ OS locate on phone. Phone signal known to be good all over coaching area.

Coach/ helper mobile phone list

Name	Mobile number	Name	Mobile number
Ed Moseley		Gareth Richards	
Tracy Richards		Matt Nixon	
James Richards		Hattie Harnden	
Alistair Howie		Louis Brooks	
Ben Dale		Robert Berry	
Justine Brooks		Chris Curtis	
Liam Kileen		Vicki Bristow	
Ryan Williamson		James Dickens	
Sarah Pritchard		Jez Pile	

Ordnance survey 1:50,000 extract of coaching area

