



Briefing Sheet



Mountain Boarding



Although the site does get the odd flurry of snow during winter, we don't quite get enough to be able to go snowboarding or skiing! Mountain boarding is a great alternative to this, as it is effectively a snowboard on wheels. This activity is great for practising balance and learning how to control the board. It isn't as easy as it looks, rolling down a hill standing up. All the safety gear is provided too.

Age: Recommended for over the age of 10

Group size: Recommended 15 per hour (4 Boards)

Clothing: If it's wet you may get muddy! So old clothes are recommended. Trainers or suitable footwear would be best, no open toe shoes or sandals. Helmets provided

Location: From the line of trees at the top of the field in the centre

Instructors: This activity is self-run by the groups own leaders. It is recommended that you use at least three leaders to supervise the activity, but this will of course depend on the age of the participants.

Safety: Limit the number of participants to 1 at a time per board and provide leader supervision for the younger participants. You must risk assess and document this activity yourself before using as it does depend on the capability of your young people to safely race down the hill. Helmets and elbow pads are provided and must be worn by all riders.

Be prepared to fall. Even the best mountain boarders fall sometimes. We provide the safety equipment you need, but it's up to you to be responsible and make sure it's all fitted before you ride.

Activity Risk Assessment		MOUNTAIN BOARDS	
Date of Initial Assessment	6 th April 2008	Date of Initial Management Committee Approval	30 th January 2010
Latest assessment review	30 th July 2021	Review approved and issued by Management Committee	28 th August 2021
Signature	JP	Signature	PEC

Hazards	Existing Control Measures	Who is at risk?	Comments/Notes
	<p>This activity is self-run by the visiting group leaders. The information below is provided to assist the groups' responsible leaders in the preparation of their own documented Risk Assessment</p> <p>Our risk assessment cannot take in to account the competence of the supervision nor the ability, medical condition, or attitude of the participants.</p> <p>It is expected that the factors below will be considered by the groups' responsible leader when completing their own documented Risk Assessment before and during use of the activity</p>		
Lifting and carrying boards to and from container, muscle strain	<ul style="list-style-type: none"> • Store on mid/lower shelving • Safe manual handling techniques by supervising adults 	Supervising Adults, Site staff	
Slips trips and falls whilst carrying boards	<ul style="list-style-type: none"> • Ensure safe lifting techniques are used with sufficient number of people lifting boards • Clear trip hazards from area before accessing 	Supervising Adults, Site staff	
Moving parts trapped fingers in wheels – bruising, cuts and abrasions	<ul style="list-style-type: none"> • Do not put fingers near turning wheels • Gloves should be worn (need to supply own due to hygiene) • Active and firm group control/supervision 	Participants	
Moving parts – clothing, jewelry or hair entangling in moving parts	<ul style="list-style-type: none"> • Ensure participants are wearing suitable clothing, loose enough for free movement but with no flapping bits that may become entangled, remove lanyards, and long hanging jewelry and necker's from around the neck • Tie long hair back to prevent entanglement 	Participants	
Collisions with other boards/other riders	<ul style="list-style-type: none"> • Use as per manufacturers guidelines and instructions for use. • Leaders to brief participants as to how to use board prior to session starting • Participants to wear helmets and elbow pads while riding • Ensure slope is clear before commencing run • Active and firm group control/ supervision 	Participants	
Collisions with by standers participants	<ul style="list-style-type: none"> • Establish boarding area and cordon off area for bystanders • Establish route for re climbing slope • Ensure route is clear of bystanders/pedestrians before initiating run • Boarders can be given a controlled push off by one bystander • Do not lay on board, or ride head first 	Participants, Bystanders	
Collisions with trees, structures, debris, mole hills and rabbit holes on the track.	<ul style="list-style-type: none"> • Expect riders to fall from boards, until they become more familiar and learn to balance. • Use safety helmets and elbow pads • Ensure slope is clear before commencing run 	Participants	

Falling from boards. Head injuries broken limbs, whiplash	<ul style="list-style-type: none"> • Adverse speeds – do not permit participants to run down the slope behind boards or pushing a board • Users should wear sturdy footwear to ensure safety when walking up slope carrying the board. No open toes sandals, flip flops, crocs or bare feet 		
Roll over due to bumps, molehills, rabbit holes, debris on run or board malfunction or excessive speed	<ul style="list-style-type: none"> • Check equipment is in good order prior to use • Use as per manufacturers guidelines and instructions for use • Use safety helmets • Walk planned track way before use and remove and debris or obstructions • Do not permit participants to run down the slope pushing a board 	Participants	
Slips, trip and falls whilst alighting from board	Follow guidance on method of alighting. Expect riders to fall from boards, until they become more familiar and learn to balance.	Participants	
Slippery ground conditions	<ul style="list-style-type: none"> • Assess ground conditions if slippery/wet postpone activity till conditions improve • Monitor conditions during activity during use. Cancel activity if conditions are dangerous 	Participants, Bystanders	
COVID 19	<ul style="list-style-type: none"> •Hand sanitiser to be applied by all participants and supervising adults before start of session. •Hands to be washed after session and sanitiser to be used again •Groups to provide own sanitizer 	Participants	
COVID 19 - equipment	<ul style="list-style-type: none"> •Mountain boards are cleaning down before and after session, the protective pads are “bubbled” for a session and are disinfected and left to dry for 24 hrs •Helmets to be wiped down with sanitizing wipes after use •Wear gloves when cleaning 	Supervising Adults, Site staff	
Covid-19 Transmission of infection	If a member of the group become unwell with suspected Covid symptoms, they are to be removed by isolation and managed by the group, awaiting collection from site. If a member of the staff become unwell with suspected Covid symptoms, they are to remove themselves and leave site promptly	Everyone	

Reviewed: 30th July 2021

By: Joe Putt