

## MOUNTAIN BIKING

| Goal – Purpose of the activity.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <p>Mountain biking is a sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes share similarities with other bikes but incorporate features designed to enhance durability and performance in rough terrain.</p> <p>This sport requires endurance, core strength and balance, bike handling skills, and self-reliance. Advanced riders pursue both steep technical descents and high incline climbs. In the case of freeride, downhill, and dirt jumping, aerial manoeuvres are performed off both natural features and specially constructed jumps and ramps.</p> <p>Mountain bikers ride on off-road trails such as single track, back-country roads, wider bike park trails, fire roads, and some advanced trails are designed with jumps, berms, and drop-off to add excitement to the trail.</p> <p>Camp Cooby is home to a variety of Mountain Bike specific trails as well as a variety of other trails, paths, dirt roads and sealed roads. Skills are taught on one or more of the flatter areas including but not limited to the High Ropes Course area, and the large grassed area close to the Marquee.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Participants                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Leadership and Qualifications                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p>Participants are those persons who undertake the activity, and who are not a leader or assistant leader for the activity. Dependent Participants are persons owed a duty of care by the activity provider who is reliant upon the activity leaders for supervision, guidance and instruction to support the person's participation.</p> <p>All participants are to be considered Dependent Participants for this activity.</p> <p>Camp Cooby possess a number of mountain bikes ranging in size from Small to XL. This generally precludes Primary School students from participating in Mountain Biking.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>Adventure activities must be led by competent people who have appropriate skills, knowledge and experience.</p> <p>Providers must ensure activity leaders involved in activity delivery:</p> <ul style="list-style-type: none"> <li>• conform with the providers' risk management systems</li> <li>• have current, verified and documented skills, knowledge, experience</li> <li>• only assume roles within their skills, knowledge, experience</li> <li>• provide an appropriate level of supervision for the activity context</li> <li>• are fit to fulfil their duties (e.g. managed for health, fatigue, medications)</li> <li>• comply with appropriate activity-specific recommendations of activity leader to participant ratios.</li> </ul> |
| Participant/Leader Ratios                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p>Ratio 1:12 + 1 School Staff Member (Assistant Leader) for school groups.</p> <p>Ratio 2:13 – 18 + 1 School Staff Member (Assistant Leader) for school groups.</p> <p>Ratio 3:19 – 25 + 1 School Staff Member (Assistant Leader) for school groups</p> <ul style="list-style-type: none"> <li>• If group size requires 3 Activity staff, school must supply another staff member, OR Camp Cooby will supply extra support staff if available</li> </ul> <p>Activity Leader is to provide Level 1 (Direct Supervision), Assistant Leader (school personnel) is to provide Level 2 Supervision.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Operational Procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Location: Lake Cooby                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>Resources: <a href="https://strategenics2014.sharepoint.com/:f/s/reflections/Erijqa_tfgpGkpPvdz258jkBLczSFSzyPF4fYwKPLtiJWg?e=Z66pFg">https://strategenics2014.sharepoint.com/:f/s/reflections/Erijqa_tfgpGkpPvdz258jkBLczSFSzyPF4fYwKPLtiJWg?e=Z66pFg</a></p> <p><b>Setup:</b><br/>Introduction to a modern mountain Bike. Have participants identify seat adjustment, brakes, gears on their bike (differences). Adjust seat for their riding position.</p> <p><b>Briefing:</b></p> <ul style="list-style-type: none"> <li>• <b>STABILITY &amp; BALANCE</b> – fundamental skills required for riding a bike. Without being stable on the bike, a rider is constantly moving (balancing) to regain their stability, and therefore control, over the bike. A stable rider will have a calm body, while being in a strong position to react and adapt to the terrain.</li> <li>• <b>STABILITY</b> – the ability to resist forces - being “strong” on the bike. <ul style="list-style-type: none"> <li>○ A good riding position helps create stability. A stable position is a strong position.</li> <li>○ A more centered riding position makes the rider more stable.</li> <li>○ At times, a lower riding position can also make a rider more stable.</li> <li>○ Good positioning on the bike also provides good tractions and allows for great range of movement.</li> </ul> </li> <li>• <b>BALANCE</b> – managing instability (balancing) through Range of Movement <ul style="list-style-type: none"> <li>○ Good positioning on the bike allows for great range of movement.</li> <li>○ Range of movement helps the rider adapt to the terrain, allowing the bike to adjust and move underneath them.</li> <li>○ Since a rider is never 100% stable, they will always need to move to “balance” and manage any instability.</li> <li>○ Being relaxed helps a rider move in order to balance.</li> </ul> </li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

- For a bike rider, the lower & more centered their weight is between the two wheels, the more stable they will be. This also ensures the rider has even traction on both wheels and is in a good position to balance, move and adapt from.

• **CONTROLS**

- Braking – How, ratio, when; control speed (including slowing down, stopping, and not speeding up) without skidding
- Gears – goal is to achieve efficiency by maintaining a consistent cadence (between 60 - 90rpm), regardless of speed, terrain or physical strength.

**Riding:**

After skills and drills to develop a degree of competence in achieving the above skills and techniques, riders are lead to various and different part of Cooby for riding.

**Equipment and Logistics**

- Small, medium, and large mountain bikes.
- Helmets.
- First aid kits appropriate to the location and level of training must be carried.

Thought must be given to organisation of the group. Following the initial skills and drills, the Leader must decide the appropriate level of riding and therefore the appropriate place to ride. All groups will display different levels of competence and this will determine where and how long they ride.

**Levels of Challenge and Possible Variations**

**Safety Considerations**

Sturdy closed in shoes must be worn.

Ensure ground and is even and free of obstacles

Check trails prior to ride to ensure they are clear of trees, branches and loose rocks.

Riders to be considerate of other riders during the session. No unnecessary passing or deliberate actions that cause others to be out off their bike.

Water should be consumed prior to riding and at regular intervals during the session.

Sunburn is a risk for anyone who participates in outdoor activities, particularly in Queensland. Leaders should take reasonable steps to prevent or minimise the likelihood of staff and participants suffering excessive sun exposure. Sunscreen must be worn (recommended minimum +30).

Effective planning requires access to up-to-date weather and fire information, which is generally available through newspapers, radio and television.

The most up-to-date information is available on the website of the Bureau of Meteorology at [www.bom.gov.au/qld](http://www.bom.gov.au/qld) . Or

<http://www.eldersweather.com.au/qld/darling-downs/geham>

For more details please see corresponding Risk Assessment

<https://strategenics2014.sharepoint.com/:w:/s/reflections/EQMFBcGXWi9NmZBqAspjdrkBqEFDVde3qiozj5cELUETCw?e=cZeGEA>

**Emergency Management Procedure**

**A**

Assess situation, call emergency services, assist those in danger

**E**

Evacuate students, staff and visitors, if appropriate

- I** Inform School Camp Leader onsite and off site, Camp Cooby Directors or Camp Manager if not onsite
- O** Organise resources, advise parents
- U** Undertake recovery operations and return site to normal

### Risk Assessment

| Danger.      | Risk Description                                     | Risk Level. | Management Strategies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Residual Risk Assessment – after Management Strategies. |
|--------------|------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Environment. |                                                      |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
| Sun Exposure | Sunburn<br>Dehydration<br>Heat Exhaustion/<br>Stroke | M           | <p>Participants advised on appropriate clothing and equipment.</p> <p>Clothing with sleeves must be worn.</p> <p>Participants carry minimum of 2L water.</p> <p>Refill stops.</p> <p>Particular pointers to apply sunscreen to backs of hands and inside thighs.(recommended minimum +30)</p> <p>Regular rest stops along the trails to rehydrate prior to continuing on the trail.</p> <p>Encourage peer reminders and monitoring.</p> <p>Review weather conditions prior to the activity.<br/><a href="http://www.bom.gov.au/qld">www.bom.gov.au/qld</a> . Or<br/><a href="http://www.eldersweather.com.au/qld/darling-downs/geham">http://www.eldersweather.com.au/qld/darling-downs/geham</a></p> <p>Briefs and debriefs as well as team planning should be conducted in the shade where available.</p>                                        | L                                                       |
| Winds        | Falling branches<br>Falling trees.                   | S           | <p>Monitor winds before departure.</p> <p>Aggressive movement of trees nearby are an indication of thinking about strong management strategies or cancellation.</p> <p>No activity will take place during strong winds, or near dead trees, no pulling or swinging on trees. All dead trees &amp; fallen branches will be monitored in initiative area. All dead trees and branches deemed a risk will be removed from the area..</p> <p>Review weather conditions prior to the activity.<br/><a href="http://www.bom.gov.au/qld">www.bom.gov.au/qld</a> . Or<br/><a href="http://www.eldersweather.com.au/qld/darling-downs/geham">http://www.eldersweather.com.au/qld/darling-downs/geham</a></p> <p>Assess students' ability to cope with increasingly difficult wind conditions.</p> <p>Activity will be moved indoors if the need arises.</p> | L                                                       |

## Mountain Biking Activity Plan

|                      |                                                 |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |   |
|----------------------|-------------------------------------------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| Rain                 | Wet Equipment<br>Hypothermia<br>Slips and trips | S | <p>Review weather conditions prior to the activity.<br/> <a href="http://www.bom.gov.au/qld">www.bom.gov.au/qld</a> . Or<br/> <a href="http://www.eldersweather.com.au/qld/darling-downs/geham">http://www.eldersweather.com.au/qld/darling-downs/geham</a></p> <p>Pre-briefing and equipment list outlines appropriate clothing and wet weather gear.</p> <p>Participants are shown how to waterproof equipment.</p> <p>Group condition is monitored closely during wet weather.</p> <p>Group to be briefed on safe practice in wet conditions using extra caution.</p> <p>Students will wear firmly fitting, covered footwear with a non-slip sole.</p> <p>Participants will be instructed to be aware of the ground underfoot, &amp; to avoid walking on damp/wet areas &amp; to be aware of trees, branches &amp; brambles, &amp; not to run.</p> | L |
| Bushfire             | Burns<br>Smoke Inhalation<br>Death              | H | <p>Participants advised on appropriate clothing and equipment.</p> <p>Participants carry minimum of 3L water.</p> <p>Encourage peer reminders and monitoring.</p> <p>Review weather conditions prior to the activity.<br/> <a href="http://www.bom.gov.au/qld">www.bom.gov.au/qld</a> . Or<br/> <a href="http://www.eldersweather.com.au/qld/darling-downs/geham">http://www.eldersweather.com.au/qld/darling-downs/geham</a></p> <p>Aggressive heat waves are an indication of thinking about bush fire management strategies or cancellation.</p> <p>Fires may only be lit in specified areas.</p> <p>Fires should not be lit in windy conditions.</p> <p>Participants will be briefed on emergency procedures.</p>                                                                                                                                 | L |
| Dead Trees           | Impact Injuries<br>Canoe Damage                 | M | <p>Participants are briefed about the dead trees and the likelihood of tree fall if hit.</p> <p>Participants are asked to care for equipment.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | L |
| Steep Banks          | Sprains & Strains                               | M | <p>Appropriate pathways are chosen to avoid any difficulties.</p> <p>Students will wear firmly fitting, covered footwear with a non-slip sole.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | L |
| Rubbish              | Cut Feet<br>Embedded Objects                    | S | <p>Participants are expected to wear closed in shoes at all times.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | L |
| Environmental Impact |                                                 | M | <p>Participants are to be briefed on specific environmental factors that concern Cooby Dam.</p> <p>Ensure rubbish is 'carried out'.</p> <p>Ensure that the designated landing areas are used and no landing zones are observed.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | L |

## Mountain Biking Activity Plan

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|----------------------------|------------------------------------------------------------------------------------------------------------------------|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| Wildlife                   |                                                                                                                        | S | <p>Participants are expected to wear closed in shoes at all times.</p> <p>Appropriate pathways are chosen to avoid potential wildlife</p> <p>Participants will be instructed to be aware of the ground underfoot, &amp; to avoid walking through unmown areas &amp; to be aware of trees, branches &amp; brambles which may be home to various wildlife, &amp; not to run.</p> <p>pathways are kept clear and mowed to ensure all wildlife can be seen and avoided.</p> <p>Participants will be instructed to give all wildlife a wide berth to avoid injury.</p> <p>Staff will inspect all activity areas prior to use to ensure no wildlife is in close proximity.</p>                                                                                                                                                                                                                                                                                                                                                                         | L |
| People.                    |                                                                                                                        |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |   |
| poor technique             | Slips resulting in strains and sprains, falls                                                                          | H | <p>Pre-activity planning:</p> <p>Bike sizing – participants are allocated a bike according to height. They will then adjust the seat so that their leg when placed on the pedal is slightly bent.</p> <p>Orientation to controls – participants are led through all bike controls and given the opportunity to experience. Brakes and gears are tested under increasing levels of challenge</p> <p>Bike control – body position and feet placement. Participants are given instruction on appropriate body positioning on the bike. Foot placement and control are discussed and experienced.</p> <p>Initial group assessment is made to consider whether the planned challenge matches the maturity and abilities of the group.</p> <p>Activity is to be conducted on a grassed area initially and then to progressively increased level of difficulty trail.</p> <p>Participants will be briefed on the risks of rising and on ways to minimise this risk</p> <p>Students will wear firmly fitting, covered footwear with a non-slip sole.</p> | L |
| Inconsiderate Participants | Participants being inconsiderate of other participants resulting in soft tissue, skeletal or emotional injury / damage | M | <p>Participants will be briefed on the risks associated with the activity.</p> <p>There are a number of considerations to be taken into account whilst riding:</p> <p>Slow riders, rider behind calls to lead rider. Lead rider moves to side when it is safe for them to do so.</p> <p>If riding on 2 way trails, rider heading down hill must stop and give way to up rider.</p> <p>Inconsiderate participants will be removed from the activity.</p> <p>Staff will ensure safety procedures are met and will cease any ideas which may result in a participant's safety being jeopardised.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                | L |
| Allergies                  | Environmental triggers (pollens, dust)                                                                                 | H | Check medical information, be aware of possible triggers.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |   |
| Equipment                  |                                                                                                                        |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |   |

|                             |                                                                                             |   |                                                                                                                                                               |   |
|-----------------------------|---------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| Faulty                      | Faulty equipment could result in further damage to equipment and increase risk of incident, | M | Staff will inspect all equipment before and after activity.<br><br>All equipment will be used and maintained according to the manufacturer's recommendations. | L |
| Incorrect use of equipment. | Failure to follow activity guidelines                                                       | M | Clear instruction about how to complete activity correctly.                                                                                                   | L |

| Consequence        |                    |            |               |            |                   |
|--------------------|--------------------|------------|---------------|------------|-------------------|
| Likelihood         | Insignificant<br>1 | Minor<br>2 | Moderate<br>3 | Major<br>4 | Catastrophic<br>5 |
| A (almost certain) | S                  | S          | H             | H          | H                 |
| B (Likely)         | M                  | S          | S             | H          | H                 |
| C (Moderate)       | L                  | M          | S             | H          | H                 |
| D (unlikely)       | L                  | L          | M             | S          | H                 |
| E (rare)           | L                  | L          | M             | S          | S                 |

## Risk Level

H – High risk: e.g. likely or almost certain to occur, with at least moderate consequence – at least medical treatment required (See table below)

S – Significant risk

M – Moderate risk

L – Low risk

| CONSEQUENCE RATING TABLE |               |                                                   |
|--------------------------|---------------|---------------------------------------------------|
| 1                        | Insignificant | No injuries, No financial loss                    |
| 2                        | Minor         | First Aid treatment, Low financial loss           |
| 3                        | Moderate      | Medical treatment required, Medium financial loss |
| 4                        | Major         | Extensive injuries, High financial loss           |
| 5                        | Catastrophic  | Death, Major financial loss                       |