



Coniston, Cumbria, LA21 8AB

Phone: 015394 41218

Email: Thurston.info@southtyneside.gov.uk

www.thurston-oec.co.uk

Mountain Biking

INTRODUCTION

Grizedale forest, the surrounding area and the Lakes in general are ideal terrain for mountain biking.

VENUE

On site using Thurston grounds. Any suitable trails, tracks, bridleways, green lanes and suitable road sections.

STAFFING

- Ratio: The normal instructor/student ratio.
- Staff leading mountain bike groups around the centre should be a minimum of in house trained.
- Off site a leader should have a relevant mountain bike leader training and have ridden the route before.
- All routes need to be approved by Head of Centre or Instructor in Charge.

EQUIPMENT

- Whilst cycling, correctly fitting helmets should be worn at all times by students and staff.
- The wearing of gloves, leg and arm cover should be considered as they give protection in the event of a fall.
- Precautions should be taken to ensure that clothing does not get snagged in moving parts.
- A suitable repair kit must be taken when away from the main house.
- All bikes must be well maintained and suitable for the terrain and user.

OPERATING CONSIDERATIONS

- Staff should ensure that bikes are checked before any riding takes place.
- Riders should be briefed appropriately to be in control of their bike at all time.
- The group should be instructed to dismount when necessary for safety reasons.
- Briefing should include how to use the brakes correctly and how to descend with care.
- The dangers of off road and on road riding should be pointed out to all group members.
- Riders should be made aware of the environmental impact of mountain biking.
- A route / venue should be left at the centre.
- A mobile or method of communication should be carried when away from centre.