



Coniston, Cumbria, LA21 8AB

Phone: 015394 41218

Email: [Thurston.info@southtyneside.gov.uk](mailto:Thurston.info@southtyneside.gov.uk)

[www.thurston-oec.co.uk](http://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 times.
- 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.