

Estate Cycle & Introduction to Mountain Biking

Estate Cycle Activity Manual

GENERAL DESCRIPTION

The proposed activity is a cycling excursion designed to navigate the extensive network of forestry tracks within the Blair Atholl estate. The route is primarily structured to follow these established, wider tracks to ensure a manageable and consistent riding experience.

The use of single-track sections will be kept to an absolute minimum. Any incorporation of single-track paths into the route will be entirely conditional and dependent on the prevailing weather and ground conditions at the time of the cycle. In the event of adverse weather, such as heavy rain leading to deep mud or waterlogging, the route will be strictly confined to the well-maintained forestry tracks to ensure participant safety and minimise environmental impact. This approach ensures the cycle remains accessible, enjoyable, and safe for all participants while offering a comprehensive tour of the estate's vast forestry landscape.

LOCATION OF ACTIVITY INCLUDING ACCESS AND RESTRICTIONS

Location	<ul style="list-style-type: none">● Blair Atholl Castle and Estate & Surrounding Area, Blair Atholl, Perthshire, Nearest Post Code PH18 5TL.● What 3 Words Location; Package. Indulges. Proven.
Access	<ul style="list-style-type: none">● Is along a forest track around the estate which is 90% accessible by emergency vehicles.
Restrictions	<ul style="list-style-type: none">● This activity is limited to the grounds of the Blair Atholl Estate Forestry Tracks.● Gates which require access via code or key.● Walkers gates where no key or code is available.

GENERAL ACTIVITY ENVIRONMENT CONSIDERATIONS

Terrain	<i>9.12.4.7 Definition : Cycle environment one</i>
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	<p>a. <i>cycle environment one must not meet any of the criteria for cycle environment two.</i></p> <p>b. <i>cycle environment one must be no more than 2.5km or 30 minutes walking distance from access for an emergency vehicle, and one of:</i></p> <ul style="list-style-type: none"> • <i>a blue cycle run at trail centres</i> • <i>a route defined as rollable, with drop offs no higher than hub height</i> • <i>a route with an obvious line choice.'</i>
<p>Temperature, Weather and Wind Speed</p>	<ul style="list-style-type: none"> • Weather is varied past location data is suggestive of Temps of 19 degrees Celsius, with an average monthly accumulation of 61mm of rain over the month and windspeed of up to 17mph averaged. Based on past location data, the expected weather conditions include temperatures reaching up to 19°C. The average monthly rainfall is approximately 61mm, and wind speeds are averaged at up to 17 mph.

PROTECTION OF OTHERS

All Participants and Staff will be required to wear PPE Helmets and Gloves. This will be handed out and adjusted to the correct fit at the start of each session. Members of the Public will be made aware of our presence with the use of visual aids along the route and audible warnings; bells on the bike.

IDENTITY OF PARTICIPANTS

Participants are easily identifiable with solid yellow neckers. Leaders can be identified by having yellow and black neckers. Participants must be able to ride a bike. Participants are required to be competent cyclists. They will be easily identifiable by their solid yellow neckers. Leaders can be distinguished by their yellow and black neckers.

REQUIREMENTS FOR PERSONAL PROTECTIVE EQUIPMENT

Those participating in the activity must, wear a biking helmet unless exempt from doing so under Activity Helmets FS120430, The must also wear gloves and Safety Glasses are recommended Participants in this activity are required to wear a biking helmet, unless an exemption applies under Activity Helmets FS120430, and must also wear gloves. Safety glasses are recommended.

EQUIPMENT USED.

BIKES	<ul style="list-style-type: none">• 40 Bikes supplied by Wheelies Cycling Centre - Lease Agreement.• 12 Bikes Supplied by Cairneyhill Scout Group - Lease Agreement.• Leaders are responsible for their bikes.
HELMETS	<ul style="list-style-type: none">• 40 Helmets supplied by Wheelies Cycling Centre - Lease Agreement• 12 Helmets Supplied by Cairneyhill Scout Group - Lease agreement• Leaders are responsible for their own Helmets• 12 Helmets Supplied by Team Leader. -Camp Owned
Other PPE	<ul style="list-style-type: none">• The Team Leader supplies gloves and safety glasses as part of risk assessment and bought by the camp in 2024 have been stored out of direct sunlight and in dry conditions. -Camp Owned• First Aid Kit - Camp Owned.

MATERIALS INFORMATION

Bikes and Helmets from Wheelies Cycling will be delivered to site and collected from site drop off on the 21st evening and collected on the 30th evening time.

Bikes and Helmets from Cairneyhill Scout Group will be delivered and co-ordinated by Callum Farquhar

Helmets Gloves and Safety Glasses will be brought by Team Lead Fraser Wright
The following equipment arrangements have been made:

- **Bikes and Helmets (Wheelies Cycling):** Delivery to the site will be on the evening of the 21st, with collection scheduled for the evening of the 30th.
- **Bikes and Helmets (Cairneyhill Scout Group):** Delivery and coordination for this equipment will be managed by Callum Farquhar.

Helmets, Gloves, and Safety Glasses: Team Lead Fraser Wright will be bringing these items.

FIRST AID ARRANGEMENTS

A team member will be responsible for the first aid kit at the activity. This is for accountability and welfare along with reporting purposes, every activity has its own first aid kit and all leaders are required to have scout first response as a minimum.

ACTIVITY SEQUENCES

<u>Activity Phase</u>	<u>Pre-Activity Checks</u>
<u>Bike and Equipment</u>	<ul style="list-style-type: none"> ● Check that all bike tires are inflated correctly, there is no evidence of bulging on the tyre walls/ no foreign debris in the tread that could lead to puncture. ● Check that all seat heights are at their minimum for easy adjustment. ● Check that all brakes are operating. ● Check that all gears are operating smoothly. ● Inspect helmets for damage. (Sin bin any that give concerns.) ● Lay all bikes out in size order.
<u>Medical/Safety</u>	<ul style="list-style-type: none"> ● Ensure the 1st aid kit is sealed, and team aware of its position (Which leader is responsible for Emergency Care). ● Review Safety Brief.

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
<u>Preparation</u>	<ul style="list-style-type: none"> ● Collect allocation sheets from the activity office. ● Gather Participants from respective Sub-camps. ● Ensure that all are wearing sensible shoes (No flipflops, crocs or wellie boots), have bags, sunscreen, water bottles and waterproofs. ● Gather participants at the Team base.
<u>Safety Briefing.</u>	<p>Welcome, everyone! Today is all about getting out on the trails, pushing your limits, and having a massive amount of fun. But to make sure we actually spend our time riding—and not fixing</p>

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
	<p>broken bikes or waiting for an ambulance—we need to get a few ground rules straight.</p> <p>This isn't about ruining the fun; it's about owning your ride. Here is what you need to know before we roll out>Welcome! Today is about trails, limits, and fun. To ensure we spend our time riding, not fixing or waiting for help, we need clear ground rules. This isn't to ruin the fun; it's about owning your ride. Know this before we roll out.</p> <p><u>The "M-Check" (Pre-Ride Bike Check)</u></p> <p>Before your tires hit the dirt, you are responsible for your own machine. We do the M-Check, which follows the shape of an "M" across your bike to ensure the vital parts are secure.Before riding, check your machine. We perform the M-Check, which follows an "M" shape across your bike to ensure all vital parts are secure.</p> <ul style="list-style-type: none"> ● Rear Wheel: <ul style="list-style-type: none"> ○ Check your quick-release or thru-axle is tight. ○ Squeeze the tire—it should be firm but have a little give for grip. ○ Wiggle the wheel side-to-side; there shouldn't be any play. ● Saddle: <ul style="list-style-type: none"> ○ Grab your seat and try to twist it. It shouldn't move. ○ Make sure your seat clamp is locked tight so it doesn't drop unexpectedly on a jump. ○ Make sure the height is correct, by adjusting it to hip height. ● Bottom Bracket & Pedals: <ul style="list-style-type: none"> ○ Spin the pedals. They should spin smoothly without crunching. ○ Grab the crank arms and wiggle them towards the frame—again, no wobbling. ● Handlebars & Brakes:

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
	<ul style="list-style-type: none"> ○ Stand over the bike, hold the front wheel between your knees, and try to twist the handlebars. They must stay locked straight. ○ Pull both brakes hard and push the bike forward and backward. The wheels should lock up completely, and the brake levers shouldn't pull all the way to the grips. <ul style="list-style-type: none"> ● Front Wheel: <ul style="list-style-type: none"> ○ Same as the back. Axle tight, ○ Tire pressure good, ○ No side-to-side wobble. <p>Rule of thumb: If it rattles, wobbles, or feels squishy, tell a leader <i>now</i>, not when we are halfway down a run.</p> <p style="text-align: center;"><u>Riding as a Group</u></p> <ul style="list-style-type: none"> ● Give Space (Don't Tailgate): Do not ride right on the back wheel of the person in front of you. If they brake suddenly for a rock or a dropped chain, you <i>will</i> crash into them. Leave at least a two-bike-length gap on trails, and more on fast descents. ● Pass the Message: You are the eyes for the rider behind you. If you see a hazard, shout it out clearly: "<i>Walker!</i>", "<i>Horse!</i>", "<i>Deep mud!</i>", or "<i>Stopping!</i>". Pass it down the line. ● Wait at Junctions: If we hit a fork in the trail or the top of a big climb, the front of the pack waits for the back of the pack. We leave no one behind. <p><u>The Highway Code (Tarmac Transitions)</u></p>

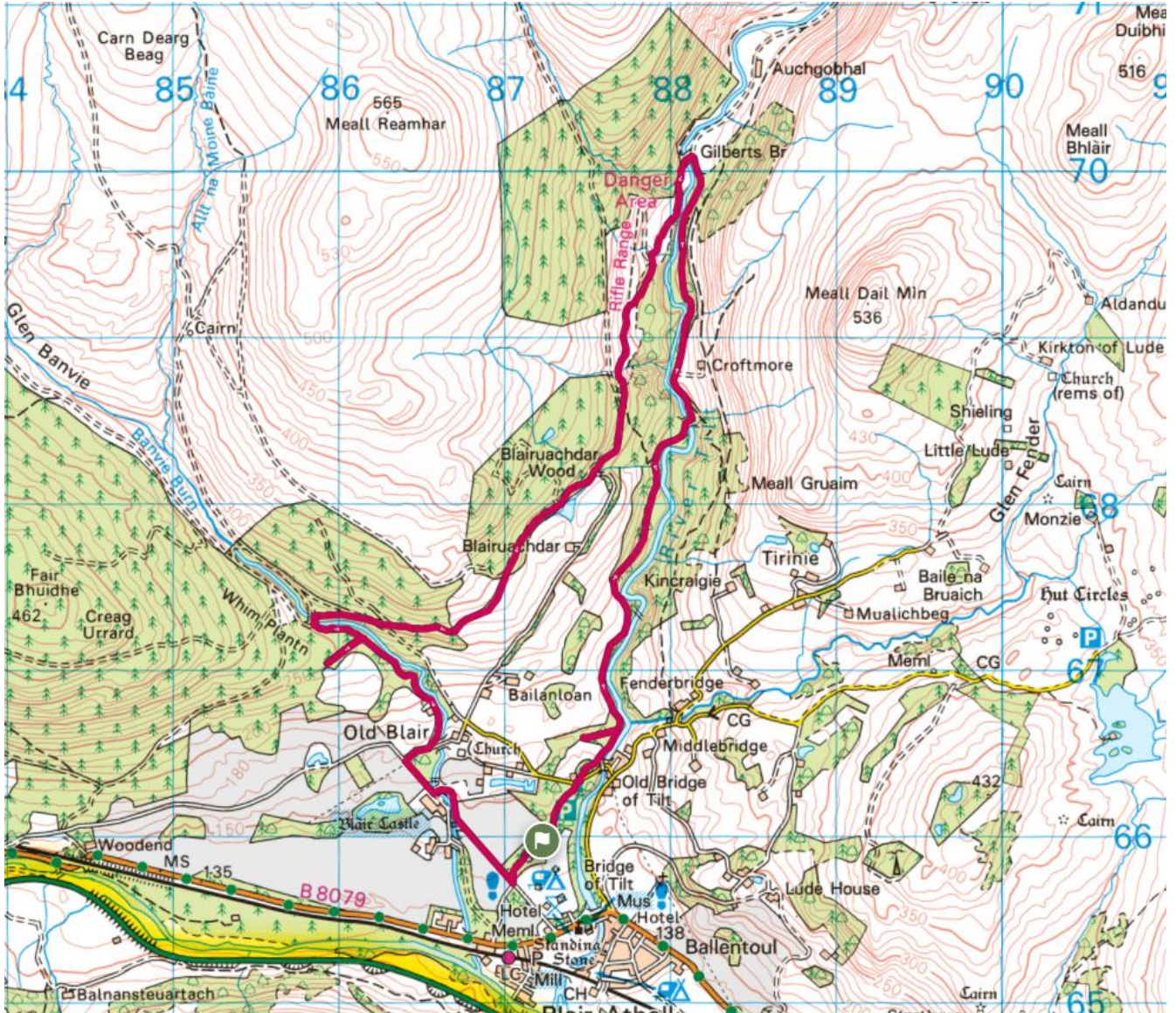
<u>Activity Phase</u>	<u>Activity Start Procedures</u>
	<p>We will likely have to ride on public roads to link up our trails. When we hit the tarmac, you are no longer just a mountain biker; you are traffic.</p> <ul style="list-style-type: none"> ● Single File or Two Abreast: On busy or narrow country roads, we ride in single file. On wider, quiet roads, you can ride two abreast (side-by-side), but tuck in immediately if a car needs to pass. ● Signals and Lifesavers: Look over your shoulder before you move out, and point clearly to where you are turning. ● Red Lights Mean Stop: No exceptions. Do not blow through traffic lights or pedestrian crossings just to keep up with the group. If the group gets split by a light, the front group will pull over and wait. ● Respect Pedestrians: If we are on shared paths, pedestrians and horses <i>always</i> have the right of way. Slow down, ring your bell or say a polite "hello," and pass wide. <p style="text-align: center;"><u>Incidents & Emergencies</u></p> <ul style="list-style-type: none"> ● Step 1: Secure the Scene. If you see a crash, shout "<i>Rider down!</i>" to stop the group. Park your bikes safely off the trail. ● Step 2: Do Not Move the Rider. Tell them to stay still. Do not yank them to their feet or pull their helmet off. ● Step 3: Assess. Ask them where it hurts. If it's just a scrape, give them a minute to catch their breath. If it's serious, notify a group leader immediately. ● Step 4: Post-Crash Bike Check. If a rider is okay to continue, their bike might not be. Always do a quick mini M-Check (especially brakes and handlebars) before they get back on

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
<u>Familiarization</u>	Give participants, opportunity to familiarise themselves with the bikes, changing gears, and brakes.
<u>Commencement</u>	Gather participants together and commence the ride.

<u>Activity Phase</u>	<u>After Activity Procedures</u>
<u>Equipment Return/Check</u>	Ensure that Helmets are returned to staff.
	Staff will inspect helmets for any damage.
	Bikes to be inspected for any damage.
<u>Medical</u>	Refill first aid kit if necessary.

Estate Cycle Route Option A

Route MAP



Route Summary.

Total Distance	12.9 KM (8.01 Miles)
Elevation	137m Lowest Point 293m Highest Point
Total Ascent	257M Total Ascent.

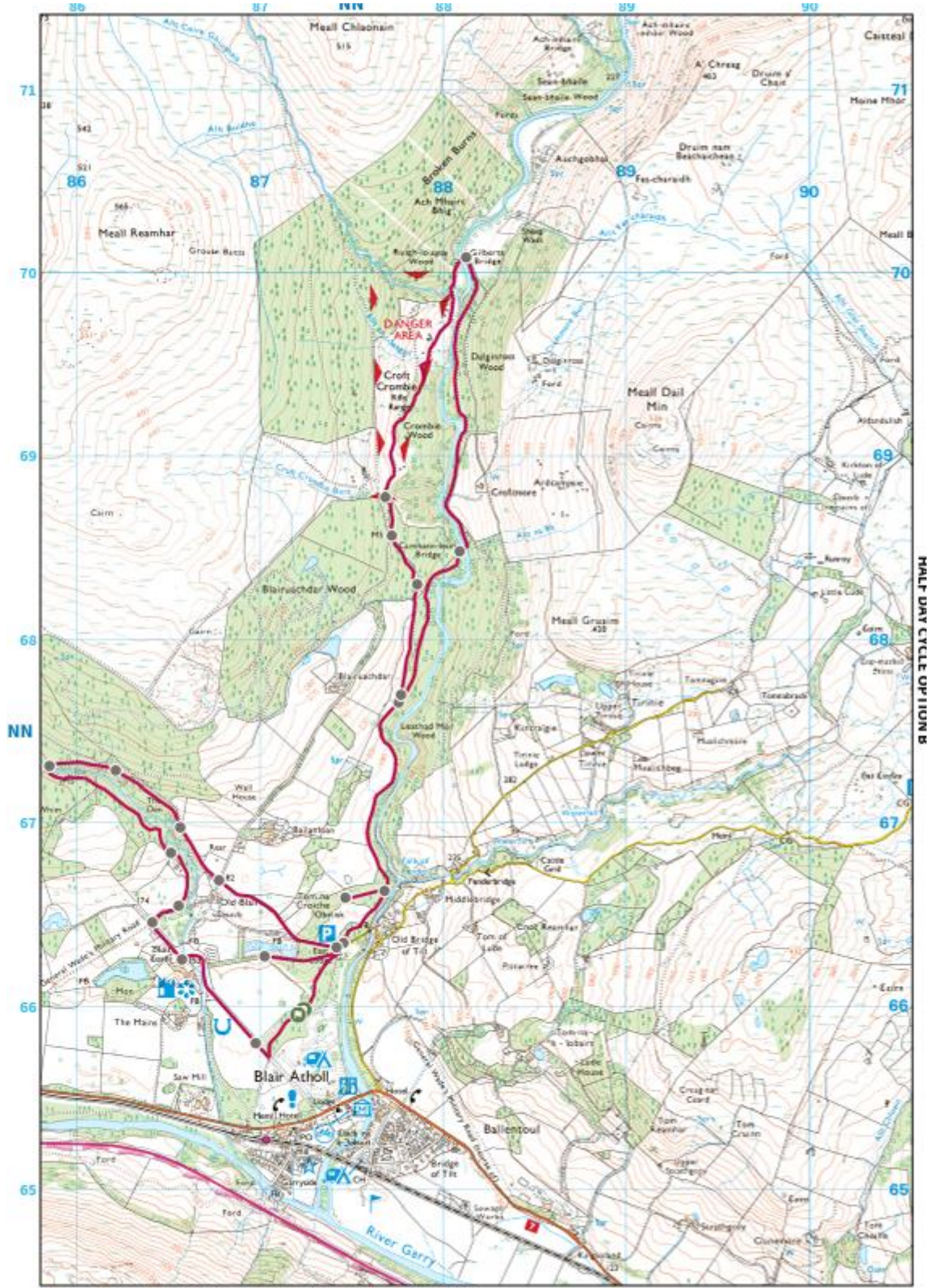
Route Card

#	OS Grid Ref	Checkpoint	Elev. (m)	Latitude	Longitude
1	NN 872 659	Start	143 m	56° 46' 18" N	3° 50' 47" W
2	NN 874 662	Carpark Entrance	149 m	56° 46' 27" N	3° 50' 38" W
3	NN 874 663	Road Crossing	152 m	56° 46' 29" N	3° 50' 35" W
4	NN 874 665	Hanging Tower	175 m	56° 46' 38" N	3° 50' 34" W
5	NN 877 676	Fork Right	192 m	56° 47' 12" N	3° 50' 19" W
6	NN 881 684	Cumhann-leum Bridge	177 m	56° 47' 40" N	3° 50' 1" W
7	NN 881 700	Gilberts Bridge	213 m	56° 48' 31" N	3° 50' 2" W
8	NN 880 700	Rife Range Climb	214 m	56° 48' 29" N	3° 50' 5" W
9	NN 876 687	Rife Range Climb Regroup Point	271 m	56° 47' 48" N	3° 50' 25" W
10	NN 875 682	Fork Right	265 m	56° 47' 30" N	3° 50' 32" W
11	NN 870 675	Field Entrance	292 m	56° 47' 9" N	3° 51' 4" W
12	NN 858 673	Bridge	242 m	56° 47' 0" N	3° 52' 10" W
13	NN 859 670	The Whim	249 m	56° 46' 51" N	3° 52' 6" W
14	NN 865 668	Caution Point	198 m	56° 46' 45" N	3° 51' 31" W

15	NN 865 665	Road Section	170 m	56° 46' 35" N	3° 51' 30" W
16	NN 864 664	Turn Left	165 m	56° 46' 32" N	3° 51' 37" W
17	NN 865 662	Photo Stop	153 m	56° 46' 26" N	3° 51' 27" W
18	NN 872 659	Finish	142 m	56° 46' 17" N	3° 50' 48" W

Estate Cycle Option B

Route Map



Route Summary

Total Distance	15.14 KM (9.41 Miles)
Elevation	137m Lowest Point 272m Highest Point
Total Ascent	257M Total Ascent.

Route Card

#	OS Grid Ref	Latitude	Longitude	Elev(m)	Checkpoint / Notes
1	NN 872 659	56° 46' 18" N	3° 50' 47" W	142	Carpark
2	NN 874 663	56° 46' 30" N	3° 50' 35" W	156	Carpark Entrance -
3	NN 876 666	56° 46' 39" N	3° 50' 22" W	169	Hanging Tower Left Turn.
4	NN 874 665	56° 46' 38" N	3° 50' 35" W	175	Hanging Tower
5	NN 877 676	56° 47' 12" N	3° 50' 19" W	N/A	Fork Right.
6	NN 880 684	56° 47' 39" N	3° 50' 1" W	182	Cumhann-lean Bridge.
7	NN 881 700	56° 48' 31" N	3° 50' 2" W	213	Gilberts Bridge.
8	NN 876 687	56° 47' 48" N	3° 50' 25" W	271	Rife Range Climb.
9	NN 877 685	56° 47' 42" N	3° 50' 23" W	270	Technical Decent Start.
10	NN 878 682	56° 47' 33" N	3° 50' 14" W	N/A	Technical Decent.
11	NN 877 676	56° 47' 14" N	3° 50' 19" W	N/A	

Route Card

12	NN 870 662	56° 46' 27" N	3° 51' 0" W	222	Optional - Hercules.
13	NN 874 663	56° 46' 29" N	3° 50' 37" W	195	Section of Road.
14	NN 867 666	56° 46' 40" N	3° 51' 16" W	165	4 way crossing.
15	NN 865 669	56° 46' 49" N	3° 51' 29" W	153	Fork Right..
16	NN 862 672	56° 46' 59" N	3° 51' 50" W	249	Start of decent.
17	NN 858 673	56° 46' 59" N	3° 52' 11" W	238	Bridge.
18	NN 865 668	56° 46' 45" N	3° 51' 31" W	198	CAUTION!
19	NN 865 665	56° 46' 35" N	3° 51' 28" W	N/A	ROAD SECTION.
20	NN 864 664	56° 46' 32" N	3° 51' 37" W	N/A	Turn Left.
21	NN 865 662	56° 46' 26" N	3° 51' 27" W	N/A	Photo Stop.
22	NN 869 657	56° 46' 12" N	3° 51' 2" W	N/A	N/A
23	NN 872 659	56° 46' 17" N	3° 50' 49" W	N/A	N/A

Introduction to Off Road Cycling Activity

Manual

GENERAL DESCRIPTION

The proposed activity is a cycling excursion designed to navigate the extensive network of forestry tracks within the Blair Atholl estate. The route is primarily structured to follow these established, wider tracks to ensure a manageable and consistent riding experience.

The use of single-track sections will be kept to an absolute minimum. Any incorporation of single-track paths into the route will be entirely conditional and dependent on the prevailing weather and ground conditions at the time of the cycle. In the event of adverse weather, such as heavy rain leading to deep mud or waterlogging, the route will be strictly confined to the well-maintained forestry tracks to ensure participant safety and minimise environmental impact. This approach ensures the cycle remains accessible, enjoyable, and safe for all participants while offering a comprehensive tour of the estate's vast forestry landscape.

LOCATION OF ACTIVITY INCLUDING ACCESS AND RESTRICTIONS

Location	<ul style="list-style-type: none">● Blair Atholl Castle and Estate & Surrounding Area, Blair Atholl, Perthshire, Nearest Post Code PH18 5TL.● What 3 Words Location; Package. Indulges. Proven.
Access	<ul style="list-style-type: none">● Is along a forest track around the estate which is 90% accessible by emergency vehicles.
Restrictions	<ul style="list-style-type: none">● This activity is limited to the grounds of the Blair Atholl Estate Forestry Tracks.● Gates which require access via code or key.● Walkers gates where no key or code is available.

GENERAL ACTIVITY ENVIRONMENT CONSIDERATIONS

Terrain	<p>9.12.4.7 Definition : Cycle environment one</p> <p>a. cycle environment one must not meet any of the criteria for cycle environment two.</p> <p>b. cycle environment one must be no more than 2.5km or 30 minutes walking distance from access for an emergency vehicle, and one of:</p> <ul style="list-style-type: none"> • a blue cycle run at trail centres • a route defined as rollable, with drop offs no higher than hub height • a route with an obvious line choice.'
Temperature, Weather and Wind Speed	<ul style="list-style-type: none"> • Weather is varied past location data is suggestive of Temps of 19 degrees Celsius, with an average monthly accumulation of 61mm of rain over the month and windspeed of up to 17mph averaged. Based on past location data, the expected weather conditions include temperatures reaching up to 19°C. The average monthly rainfall is approximately 61mm, and wind speeds are averaged at up to 17 mph.

PROTECTION OF OTHERS

All Participants and Staff will be required to wear PPE Helmets and Gloves. This will be handed out and adjusted to the correct fit at the start of each session. Members of the Public will be made aware of our presence with the use of visual aids along the route and audible warnings; bells on the bike.

IDENTITY OF PARTICIPANTS

Participants are easily identifiable with solid yellow neckers. Leaders can be identified by having yellow and black neckers. Participants must be able to ride a bike. Participants are required to be competent cyclists. They will be easily identifiable by their solid yellow neckers. Leaders can be distinguished by their yellow and black neckers.

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glasses are recommended.

EQUIPMENT USED.

BIKES	<ul style="list-style-type: none">• 40 Bikes supplied by Wheelies Cycling Centre - Lease Agreement.• 12 Bikes Supplied by Cairneyhill Scout Group - Lease Agreement.• Leaders are responsible for their bikes.
HELMETS	<ul style="list-style-type: none">• 40 Helmets supplied by Wheelies Cycling Centre - Lease Agreement• 12 Helmets Supplied by Cairneyhill Scout Group - Lease agreement• Leaders are responsible for their own Helmets• 12 Helmets Supplied by Team Leader. -Camp Owned
Other PPE	<ul style="list-style-type: none">• The Team Leader supplies gloves and safety glasses as part of risk assessment and bought by the camp in 2024 have been stored out of direct sunlight and in dry conditions. -Camp Owned• First Aid Kit - Camp Owned.

MATERIALS INFORMATION

Bikes and Helmets from Wheelies Cycling will be delivered to site and collected from site drop off on the 21st evening and collected on the 30th evening time.

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FIRST AID ARRANGEMENTS

A team member will be responsible for the first aid kit at the activity. This is for accountability and welfare along with reporting purposes, every activity has its own first aid

kit and all leaders are required to have scout first response as a minimum.

ACTIVITY SEQUENCES

<u>Activity Phase</u>	<u>Pre-Activity Checks</u>
<u>Bike and Equipment</u>	<ul style="list-style-type: none"> ● Check that all bike tires are inflated correctly, there is no evidence of bulging on the tyre walls/ no foreign debris in the tread that could lead to puncture. ● Check that all seat heights are at their minimum for easy adjustment. ● Check that all brakes are operating. ● Check that all gears are operating smoothly. ● Inspect helmets for damage. (Sin bin any that give concerns.) ● Lay all bikes out in size order.
<u>Medical/Safety</u>	<ul style="list-style-type: none"> ● Ensure the 1st aid kit is sealed, and team aware of its position (Which leader is responsible for Emergency Care). ● Review Safety Brief.

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
<u>Preparation</u>	<ul style="list-style-type: none"> ● Collect allocation sheets from the activity office. ● Gather Participants from respective Sub-camps. ● Ensure that all are wearing sensible shoes (No flipflops, crocs or wellie boots), have bags, sunscreen, water bottles and waterproofs. ● Gather participants at the Team base.
<u>Safety Briefing.</u>	<p>Welcome, everyone! Today is all about getting out on the trails, pushing your limits, and having a massive amount of fun. But to make sure we</p>

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	<p>actually spend our time riding—and not fixing broken bikes or waiting for an ambulance—we need to get a few ground rules straight.</p> <p>This isn't about ruining the fun; it's about owning your ride. Here is what you need to know before we roll out>Welcome! Today is about trails, limits, and fun. To ensure we spend our time riding, not fixing or waiting for help, we need clear ground rules. This isn't to ruin the fun; it's about owning your ride. Know this before we roll out.</p> <p><u>The "M-Check" (Pre-Ride Bike Check)</u></p> <p>Before your tires hit the dirt, you are responsible for your own machine. We do the M-Check, which follows the shape of an "M" across your bike to ensure the vital parts are secure.Before riding, check your machine. We perform the M-Check, which follows an "M" shape across your bike to ensure all vital parts are secure.</p> <ul style="list-style-type: none"> ● Rear Wheel: <ul style="list-style-type: none"> ○ Check your quick-release or thru-axle is tight. ○ Squeeze the tire—it should be firm but have a little give for grip. ○ Wiggle the wheel side-to-side; there shouldn't be any play. ● Saddle: <ul style="list-style-type: none"> ○ Grab your seat and try to twist it. It shouldn't move. ○ Make sure your seat clamp is locked tight so it doesn't drop unexpectedly on a jump. ○ Make sure the height is correct, by adjusting it to hip height. ● Bottom Bracket & Pedals: <ul style="list-style-type: none"> ○ Spin the pedals. They should spin smoothly without crunching. ○ Grab the crank arms and wiggle them towards the frame—again, no wobbling.

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
	<ul style="list-style-type: none"> ● Handlebars & Brakes: <ul style="list-style-type: none"> ○ Stand over the bike, hold the front wheel between your knees, and try to twist the handlebars. They must stay locked straight. ○ Pull both brakes hard and push the bike forward and backward. The wheels should lock up completely, and the brake levers shouldn't pull all the way to the grips. ● Front Wheel: <ul style="list-style-type: none"> ○ Same as the back. Axle tight, ○ Tire pressure good, ○ No side-to-side wobble. <p>Rule of thumb: If it rattles, wobbles, or feels squishy, tell a leader <i>now</i>, not when we are halfway down a run.</p> <p style="text-align: center;"><u>Riding as a Group</u></p> <ul style="list-style-type: none"> ● Give Space (Don't Tailgate): Do not ride right on the back wheel of the person in front of you. If they brake suddenly for a rock or a dropped chain, you <i>will</i> crash into them. Leave at least a two-bike-length gap on trails, and more on fast descents. ● Pass the Message: You are the eyes for the rider behind you. If you see a hazard, shout it out clearly: "<i>Walker!</i>", "<i>Horse!</i>", "<i>Deep mud!</i>", or "<i>Stopping!</i>". Pass it down the line. ● Wait at Junctions: If we hit a fork in the trail or the top of a big climb, the front of the pack waits for the back of the pack. We leave no one behind. <p><u>The Highway Code (Tarmac Transitions)</u></p>

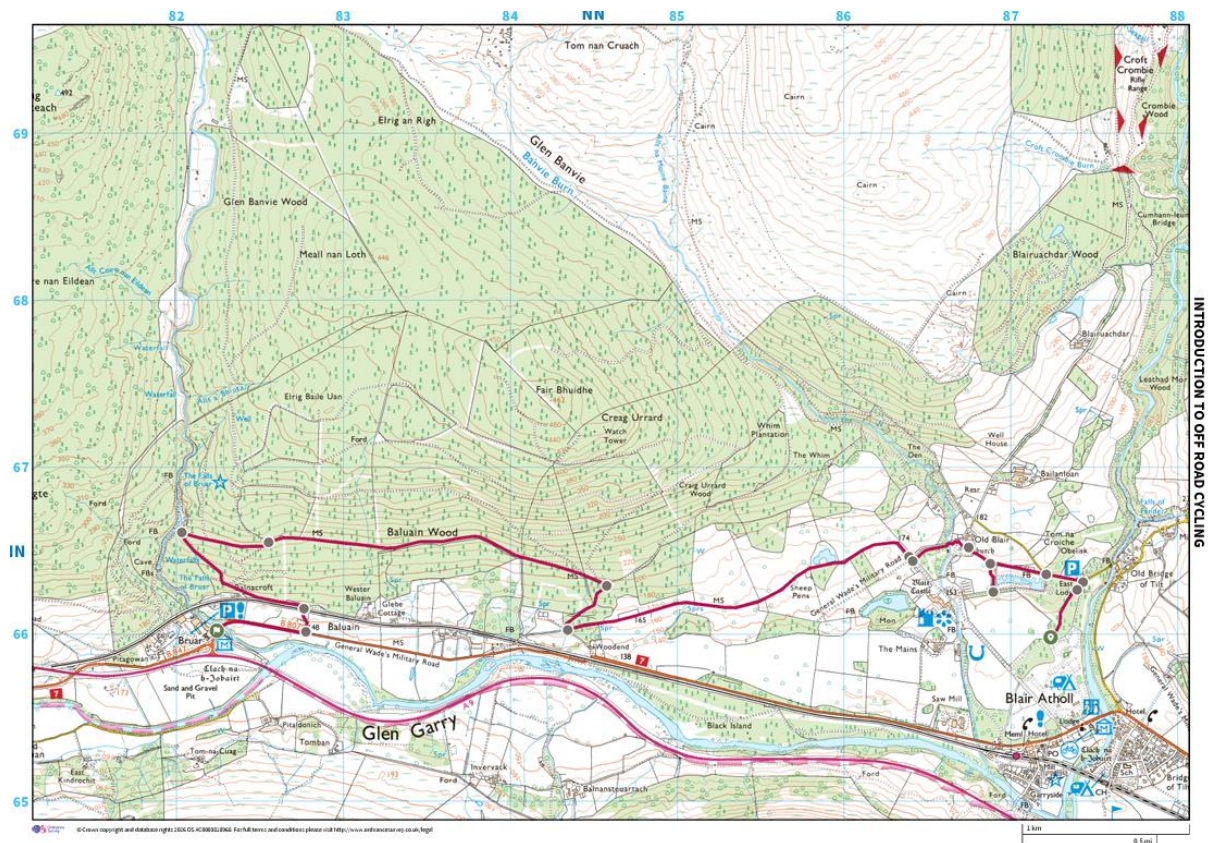
<u>Activity Phase</u>	<u>Activity Start Procedures</u>
	<p>We will likely have to ride on public roads to link up our trails. When we hit the tarmac, you are no longer just a mountain biker; you are traffic.</p> <ul style="list-style-type: none"> ● Single File or Two Abreast: On busy or narrow country roads, we ride in single file. On wider, quiet roads, you can ride two abreast (side-by-side), but tuck in immediately if a car needs to pass. ● Signals and Lifesavers: Look over your shoulder before you move out, and point clearly to where you are turning. ● Red Lights Mean Stop: No exceptions. Do not blow through traffic lights or pedestrian crossings just to keep up with the group. If the group gets split by a light, the front group will pull over and wait. ● Respect Pedestrians: If we are on shared paths, pedestrians and horses <i>always</i> have the right of way. Slow down, ring your bell or say a polite "hello," and pass wide. <p style="text-align: center;"><u>Incidents & Emergencies</u></p> <ul style="list-style-type: none"> ● Step 1: Secure the Scene. If you see a crash, shout "<i>Rider down!</i>" to stop the group. Park your bikes safely off the trail. ● Step 2: Do Not Move the Rider. Tell them to stay still. Do not yank them to their feet or pull their helmet off. ● Step 3: Assess. Ask them where it hurts. If it's just a scrape, give them a minute to catch their breath. If it's serious, notify a group leader immediately. ● Step 4: Post-Crash Bike Check. If a rider is okay to continue, their bike might not be. Always do a quick mini M-Check (especially brakes and handlebars) before they get back on

<u>Activity Phase</u>	<u>Activity Start Procedures</u>
<u>Familiarization</u>	Give participants, opportunity to familiarise themselves with the bikes, changing gears, and brakes.
<u>Commencement</u>	Gather participants together and commence the ride.

<u>Activity Phase</u>	<u>After Activity Procedures</u>
<u>Equipment Return/Check</u>	Ensure that Helmets are returned to staff.
	Staff will inspect helmets for any damage.
	Bikes to be inspected for any damage.
<u>Medical</u>	Refill first aid kit if necessary.

Introduction to Off Road Cycling Route

Route Map



Route Summary

Total Distance	8.84 km (5.49 mi)
Elevation	142m Lowest Point 248m Highest Point
Total Ascent	170M Total Ascent.

Route Card

#	OS Grid Ref	Elevation (m)	Coordinates	Instruction/Waypoint
1	NN 872 659	142	56° 46' 18" N, 3° 50' 47" W	Start/Implicit Stop
2	NN 873 662	148	56° 46' 27" N, 3° 50' 38" W	Stop (Just before turning left, fix any technical teething)
3	NN 874 663	152	56° 46' 29" N, 3° 50' 36" W	Junction Turn Left (As you exit the car park hang a left hand turn)
4	NN 872 663	161	56° 46' 30" N, 3° 50' 49" W	Keep Left (Head straight down the back of the castle gardens)
5	NN 868 664	167	56° 46' 32" N, 3° 51' 9" W	Stop here. Leave bikes and walk to see Hercules (If busy, carry on)
6	NN 868 662	158	56° 46' 26" N, 3° 51' 8" W	Hercules
7	NN 867 665	174	56° 46' 35" N, 3° 51' 17" W	Old Bair Church
8	NN 864 664	164	56° 46' 32" N, 3° 51' 37" W	Turn Right

9	NN 863 664	167	56° 46' 33" N, 3° 51' 38" W	Posts (Keep going straight on past the posts)
10	NN 843 660	163	56° 46' 17" N, 3° 53' 38" W	Turn Right STOP (Regroup and recommend changing down gears)
11	NN 845 662	189	56° 46' 25" N, 3° 53' 24" W	Turn Left
12	NN 825 665	248	56° 46' 32" N, 3° 55' 24" W	Fork Left (Obvious clearing to the left. Keep right as not to head down the other tracks)
13	NN 820 666	N/A	56° 46' 33" N, 3° 55' 55" W	View Point (Option A: Stop/return. Option B: Head down hill—steep)
14	NN 827 661	N/A	56° 46' 19" N, 3° 55' 11" W	Railway Tunnel
15	NN 827 660	240, 160, 148*	56° 46' 15" N, 3° 55' 10" W	Gate. Stop and regroup. CAUTION - Road: Ride as a tight group, wear Hi-Vis.
16	NN 822 660	N/A	56° 46' 15" N, 3° 55' 42" W	Ice Cream Stop.

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Name of activity, event, and location	Estate Cycle / Introduction to Mountain Biking, Blair Atholl International Scout Jamboree, Blair Atholl Estate, Blair Atholl, Pitlochry PH18 5TH	Date of risk assessment	13th of April 2026	Name of person doing this risk assessment	Fraser Wright
		Date of next review	27th of January 2028		

What could go wrong? What hazard have you identified? What are the risks from it?	Who is at risk?	What are you going to do about it? How are the risks already controlled? What extra controls are needed? How will they be communicated to young people and adults and remain inclusive to all needs?	Review & Revise What has changed that needs to be thought about and controlled?
A hazard is something that may cause harm or damage. The risk is the harm that may occur from the hazard.	For example: young people, adult volunteers, visitors	Controls are ways to make activity safer by removing or reducing the risk. For example, you may use a different piece of equipment or you might change the way you do the activity.	Keep checking throughout the activity in case you need to change what you're doing or even stop the activity. This is a great place to add comments which will be used as part of the review.
Hazard- Bike fault. Risk- The fault could lead to injury.	Leaders, Participants	Controls- <ul style="list-style-type: none"> All bikes will be M checked prior to activity sessions. Any issues will be reported, documented. Leaders carry basic tool kits and puncture repair kits to enable them to perform "get me home" repairs. Upon returning to camp, fault will be documented and reported to the team mechanic. 	
Hazard- Collision with Traffic and members of the public. Risk- Injury	Leaders, Participants, Public	Controls- <ul style="list-style-type: none"> Roads and Traffic ;Riders will be supervised during the ride, one leader will ride at front of the group acting as spotter and informing the group of oncoming hazards. Riders will be informed that paths are for public use and to be careful of their positioning and be vigilant for oncoming traffic and traffic coming from the rear, ensuring all group members are aware of any danger/hazards. Members of the public will be made aware of cyclist presence by use of posters along routes clearly marked with dates and times of trails in use. 	

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<p>Hazard- Trail Hazards.</p> <p>Risk- Injury</p>	<p>Leaders, Participants</p>	<p>Controls-</p> <ul style="list-style-type: none"> • Compulsory use of helmets no older than 10 years and gloves for all riders. • Helmets will be checked to ensure they are fitted correctly prior to mounting bikes. Using the tip test and ensuring the chin strap can not be pulled over the chin. • All participants will complete a basic skills check prior to leaving sit, ensuring everyone can cycle and control a bike confidently. • Postpone ride or curtail due to weather. Weather will be monitored by the met office weather app, if wind exceeds 30mph, yellow weather warning is issued or temp rises beyond 30c, the cycle will be postponed. • Trail conditions will be monitored and if found to be damaged the group will return the way they have come. • Have communication with the main site if assistance is required. • Check the condition of the trail, prior to participants riding the trail, by means of leader ride. 	<ul style="list-style-type: none"> • Helmet life span can be extended up to 10 years as long as a detailed log is kept.
<p>Hazard- Riding as part of a group (Group Management)</p> <p>Risk- Potential for losing members</p>	<p>Leaders, Participants</p>	<p>Controls-</p> <ul style="list-style-type: none"> • Riders will have their speed controlled with a leader setting the pace. No participant shall overtake the lead cyclist. • Regular stops at preset locations to allow riders towards the back to regroup. Register taken to ensure all members present before setting off and headcounts performed during the cycle. • A leader will be at the back to act as a back stop, to provide encouragement to those at the back of the group. 	

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<p>Trail Report Hazards – Terrain, Cattle Grids, Gates, Gorge (Off trail), Bridges.</p> <p>Risk Injury.</p> <p>Scout POR - 9.12.4.6/7</p>	<p>Leaders, participants</p>	<ol style="list-style-type: none"> 1. Participants will be made aware that the trail has public use with other cyclists, walkers, and horses on the route prior to leaving the site. 2. Dear and field gates will be left how they are found so as not to impact activity on the estate. 3. Livestock will be given a wild berth, and cyclists may have to dismount to avoid stressing livestock. 4. Any damage found whilst on the trail or any accidental damage caused will be reported to the estate. 5. Participants and leaders will stay away from the gorge along the route. <p><u>Risk Level; Low</u></p> <p><i>'9.12.4.6 Definition : Cycle environment zero</i></p> <ol style="list-style-type: none"> a. <i>cycle environment zero must not meet any of the criteria for cycle environment one or two.</i> b. <i>cycle environment zero must be no more than 2.5km, or 30 minutes walking distance, from access for an emergency vehicle, and one of:</i> <ul style="list-style-type: none"> • <i>a flat space constructed of a solid surface such as concrete or flat grassed areas</i> • <i>a private or public road</i> • <i>a marked cycle path or cycle route</i> • <i>a bridleway</i> • <i>a family designated cycle route</i> c. <i>all cycling manoeuvres within cycle environment zero must be possible to perform:</i> <ul style="list-style-type: none"> • <i>at a low speed, such as walking speed</i> • <i>while remaining seated</i> • <i>with both wheels of the bicycle on the ground.</i> 	<p>To be reassessed closer to camp.</p> <p>Assessed as in usable condition on the 11th of April 2026.</p>
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		<p>9.12.4.7 Definition : Cycle environment one</p> <p>a. cycle environment one must not meet any of the criteria for cycle environment two.</p> <p>b. cycle environment one must be no more than 2.5km or 30 minutes walking distance from access for an emergency vehicle, and one of:</p> <ul style="list-style-type: none"> • a blue cycle run at trail centres • a route defined as rollable, with drop offs no higher than hub height • a route with an obvious line choice.' <p>The route has been risk assessed and meets the requirements of Environment 0 / 1 Depending on route taken as described in the activity manual.</p>	
<p>Hazard- Weather Conditions Heat/Cold</p> <p>Risk- Sunburn, Heatstroke, Hypothermia</p>	<p>Leaders, Participants</p>	<p>Controls-</p> <ul style="list-style-type: none"> • Ensure that riders are wearing the weather appropriate clothing, Waterproof are advised to be carried at all times. • Postpone ride or curtail due to weather. If wind over 30mph, temperature exceeding 30c or yellow weather warning issued as per met office weather app. • Check the weather prior to activity. • Ensure that the riders have a water supply e.g. water bottles, take regular breaks to avoid exhaustion and dehydration. • Instruct that participants have a day bag with snacks and are able to carry water. 	
<p>Hazard- Inappropriate Clothing</p> <p>Risk- Injury</p>	<p>Leaders, Participants</p>	<ul style="list-style-type: none"> • Footwear- no open toed shoes (Flip-flops, Sandals) or Inappropriate footwear (Wellie boots) • Clothing- No loose-fitting trousers, long dresses. 	

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		<ul style="list-style-type: none"> • Leaders- will ensure participants have appropriate footwear and clothing when collecting participants from Sub-Camp. • Participants will be asked to ensure they have a rain jacket, in case of change of weather during activity. 	
<p>Hazard- Inappropriate use of bike</p> <p>Risk- Injury</p>	<p>Leaders, Participants</p>	<ul style="list-style-type: none"> • Leaders and participants will have the opportunity to M check and familiarise themselves with the bike prior to taking part any activity.(Checking breaks, suspension if applicable and seating position) • No member will ride a bike they are unfamiliar with. 	
<p>Hazard- Head Injury</p> <p>Risk - Injury</p> <ul style="list-style-type: none"> • Scout POR - 9.12.4.1 Helmets <ul style="list-style-type: none"> ○ Activity Helmets - FS120430 	<p>Leaders, Participants</p>	<ul style="list-style-type: none"> • <i>'POR - 9.12.4.1 - A cycle safety helmet must be worn by anyone taking part in an organised Scout cycling activity, unless:</i> <ul style="list-style-type: none"> ○ <i>a Sikh wearing a Turban chooses not to wear a helmet. This does not apply to a Sikh wearing a Top Knot.</i> ○ <i>a medical or additional need causes challenges with wearing a conventional cycle safety helmet, see Activity Helmets (FS120430) for guidance.</i> ○ <i>Activity Helmets -FS120430</i> <ul style="list-style-type: none"> ■ <i>Please note that this is only to be used as a last resort in the rare instances / exceptional circumstances when the activity leader in partnership with the parent/carer has come to the conclusion that helmet wearing is not an option for a participant.</i> ■ <i>It is the activity leader's responsibility to come to a decision regarding suitable alternative arrangements (reasonable adjustments) and risk assess accordingly, this should be done in consultation with the parent/carer and young person as appropriate. It is the responsibility of the activity provider / activity leader to assess</i> 	<p>To be assessed in conjunction with activity co-ordinator and young persons contingent Leader in the absence of a parent if able to do so.</p>

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		<p><i>the risks and come to a conclusion regarding suitable alternative arrangements (reasonable adjustments).</i></p> <ul style="list-style-type: none">■ <i>In addition to the activities where POR specifically states helmets must be worn A & B can be applied to activities where risk assessment, operating procedures or local decisions have identified the importance / need to wear helmets, this may be a paddle sport, sailing activity caving or high ropes for example.</i>■ <i>It will always remain the case that if adjustments cannot be made to allow the individual to take part in the activity safely, they should not take part in the activity. Safety remains the priority.</i> <ul style="list-style-type: none">● <i>Equipment checks and suitability (FS120430)</i><ul style="list-style-type: none">○ <i>All helmets must be UKCA / EN / CE marked to the appropriate standard for the activity.</i>○ <i>As an explanation a child's toy construction helmet is not suitable for working on a building site or climbing but it will have a CE mark to identify that it is suitable as a toy; it will not have sharp edges and will not splinter or break into small parts a child could swallow.</i>○ <i>Other helmet markings will include: Name of manufacturer, Model designation (if several models are marketed by the manufacturer), Size if applicable, Year of manufacture, Pictogram, which advises the user to read the information given by the manufacturer.</i>● <i>Life Span (FS120430)</i><ul style="list-style-type: none">○ <i>Items of Personal Protective Equipment (PPE) such as helmets have manufacturer's instructions relating to the use and this will also detail the</i>	
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		<p><i>lifespan of the product and how to assess it as being suitable for use.</i></p> <ul style="list-style-type: none"> ○ <i>Check the manufacturer's instructions carefully.</i> ○ <i>Where a manufacturer gives a lifetime for an item, this is the deadline date that must not be exceeded.</i> ○ <i>The highest life expectancy of most helmets is ten years.</i> ○ <i>The lifespan of a helmet will decrease depending upon the frequency and conditions of use.</i> ○ <i>A brand-new climbing helmet could be retired from use on the day of purchase if struck by a rock or dropped from the top of a crag for example.'</i> <ul style="list-style-type: none"> ● Life Span and Equipment Suitability to be confirmed with Hire Company Wheelies Cycles and will be checked by Team Leaders upon arrival. 	
Scout POR -9.12.4.2 Responsible person	Leaders, Participants	<p><i>'There must be a responsible person who is not taking part in the activity. They must:</i></p> <ul style="list-style-type: none"> ● <i>know the details of the journey.</i> ● <i>be informed when the activity is completed.</i> ● <i>be informed if the participants have returned safely.'</i> <p>The Activity Co-ordinator along with the activity office will be made aware of movements and routes prior to departure.</p>	
Scout POR - 9.12.4.3 Emergency cards	Leaders, Participants	<p><i>'The party must carry emergency cards. Any emergency cards produced locally must contain:</i></p> <ul style="list-style-type: none"> ● <i>what to do in an emergency</i> ● <i>party name</i> ● <i>base location and contact point if available</i> ● <i>party leader name</i> 	

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- *InTouch system details.*

This information is provided on the back of the members Identification Lanyard.

Don't forget, as part of your programme planning, you should have contingency activities in reserve just in case you can't do what was planned or you need to stop half way through. Make sure this is shared with those involved, so everyone knows how to respond. You should have risk assessed contingency activities prior to them taking place and communicated key information to those involved as with all activities.

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