



Mountain Boarding

Instructors: This activity is generally self run by the groups own leaders, but the site will provide an instructor if you require it.

Safety:

Participants must wear the safety equipment which consist of knee pads, elbow pads, most importantly wrist supports and a helmet.

The sledges are for use by Scout and Guide age and over only - Younger people don't have a perception of the risk and cause themselves injury.

Location: At the top of the hill!

Sessions: Are 1 hour long.

Numbers: We recommend 15 participants per hour

What to Wear:

Footwear – trainers or soft shoes – not boots with firm ankle support as for the rest almost any thing – don't forget to protect against the sun!



Basics of board control. Whilst these are similar to Snowboards, the response of the board is very immediate and very direct. And you can't brake in the same way, you can't just dig in the edge to scrape off a bit of speed, because the wheels don't grip in the same way. The board just wants to run!

Lesson number 1. If you do try and dig the edge in to slow down, the board will carry on going and leave you leaning backwards - not a good thing. Overcook it and the wheels let go of the earth and introduce it to you instead. We use beginners' board (supposedly easier to control) and a more responsive type. The beginners' board didn't have foot-straps, so that you can jump off at the vital moment, but it therefore needs a handheld leash so it doesn't race off without you.

Lesson number 2. First of all tackle a couple of gentle runs down the slope, trying in turn to make smooth left or right turns.

Lesson number 3 - Bend the knees! Keep your weight forward!
Turn with your upper body!

And then: Set up a slalom challenge, but two or three poles were about as many as you will manage!



The Warden in Action!

Activity Risk Assessment		Mountain Boards		
Date of Assessment	11-Jul-08	Date of Management Committee Approval	30 th January 2009	
Assessed by	Richard Hammond	Chairman	Ian Hayes	
Signature		Signature		
Hazards	Existing Control Measures	Who is at risk?	Residual Risk Rating	Comments/Notes
Hitting other campers.	Cones at end of run, ensure the run is clear of campers before starting each run.	Other campers.	Low	
Damaged equipment.	Mountain boards are checked before each session, the protective pads and helmets are checked regularly and any damaged equipment is taken out of use	Campers using boards.	Low	
Falling of board.	All campers should receive instruction from a suitably trained member of staff.	Campers using boards.	Low	
Sledge running into ditch.	Campers should be shown how to steer so they do not run into the ditch	Campers using boards.	Low	
Hitting obstacles (water taps & tents).	Campers should be shown how to steer so they do not hit any obstacles.	Campers using boards.	Low	
Colliding with another mountain board.	Mountain boards should be started at different times or if more than one board is starting at the same time then there should be at least 1 metre between them at the start line. Camper should also know how to steer and brake.	Campers using boards.	Low	
Breaking bones.	All campers should stand on the board, with slightly bent knees. If the campers lose control then they should jump of the board in a controlled manner. Campers should not sit on the boards due to legs and ankles could go under the board.	Campers using boards.	medium	
Serious injury.	The person supervising the mountain boards should look out for any problems with either the campers or the boards at all times	Campers using boards.	Low	
Residual risk	This activity is self run by the visiting group leaders. Therefore this risk assessment cannot take in to account the competence of the supervision nor the ability, medical condition or attitude of the participants. It is expected that these factors will be consider by the groups' responsible leader before and during use of the activity.	Participants	High	

Reviewed: 3rd April 2013

By: Simon Birchall