

MOTORCYCLE / MOTOCAMPING TOURS RISK ASSESSMENT – ETHOS SPIRIT OF THE COMMUNITY








Activity / exercise: **Motorcycle Tours (day trips and multi days trips)**

It is our intention to systematically identify and control all hazards in our geographical zone. Where there are significant hazards we will take all practicable steps to:

Eliminate the hazard, **I**solate the hazard, OR **M**inimise the hazard

Where the hazards may only be minimised, we will ensure:

-  Protective clothing and equipment is provided and used by all participants and employees, at all times necessary.
-  Good practices are understood and adhered to on all rides.
-  Employees are properly trained and/or supervised.
-  Any new hazards identified, are incorporated into Hazard Register and all employees informed.
-  All employees are aware of emergency procedures.

Activity / Element (Step 1)	Hazards Identified (Step 2)	Existing Controls (Step 3)	Is the Residual Risk Acceptable Yes / No (Step 4)	Additional Controls Required (Step 5)	Is the Residual Risk Acceptable Yes / No (Step 6)
Self-driving of motorcycle or riding as a passenger.	Collision with another vehicle/road user/roadside property etc.	All drivers have valid Vietnamese driving licence and / or domestic licence and International Driving permit. All drivers must possess suitable level of driving experience for the roads / tracks / trails chosen for the specific ride.	Yes		

		<p>Assessments of traveller general riding abilities made prior to departure or in the early stages of any trip. Ride challenge matched to rider abilities wherever possible.</p> <p>Briefing at start of ride includes safety issues, and reminder to riders that he/she has responsibility for personal safety and the wellbeing of others.</p> <p>Briefed in relation to safe clothing. Proper clothing required as condition of taking part. Travellers briefed as to anticipated daily terrain to compressively manage expectations.</p> <p>All vehicles must be roadworthy, insured and licensed.</p> <p>Participants can either choose to wear their own protective motorcycle clothing or motorcycle padding, full face helmet and riding gloves provided by ETHOS. This is a one size fits all solution affording some impact/graze protection.</p> <p>Miscellaneous other:</p> <p>Ride leader has authority to terminate the ride if he/she considers the riding too dangerous or conditions inappropriate.</p> <p>Ride leader has authority to terminate the ride if he/she considers traveller behaviour to be illegal or inappropriate.</p> <p>Speed limits and other traffic law adhered to as part of the ride. All driving at speed limits suitable for road conditions and weather.</p> <p>Mobile phone carried by ride leader/tail ender in case of emergency.</p> <p>Sufficient guide ratio following ETHOS policies.</p> <p>Appropriate alcohol consumption restricted to overnight hotels, homestays or camp sites.</p>			
--	--	---	--	--	--

		<p>First aid equipment carried by guide.</p> <p>Hospital phone numbers for the geographical areas visited:</p> <ol style="list-style-type: none"> 1. Hưng Thịnh Hospital Lao Cai - 035 7281997 2. Sapa Hospital - 096 7971414 3. Sin Ho Hospital 1 - 0213 3872563 4. Sin Ho Hospital 2 - 086 9530702 5. Tân Uyên Hospital - 035 8421636 6. Lai Chau Hospital - 0213 3875115 			
Self-driving of motorcycle or riding as a passenger.	Collision with another vehicle/road user/roadside property etc.	<p>Advanced training for driver guides to assure that driving is at a safe distance from each other when travelling as a group.</p> <p>Speed limits and other traffic laws adhered to as part of the ride. All driving at speed limits suitable for road conditions and weather.</p> <p>All drivers must possess suitable level of driving experience.</p> <p>Briefing at start of ride includes safety issues, and reminder to riders that he/she has responsibility for personal safety and the wellbeing of others.</p> <p>Briefed in relation to safe clothing. Proper clothing required as condition of taking part.</p> <p>All vehicles must be roadworthy, insured and licensed.</p>	Yes		
Self-driving of motorcycle or riding as a passenger.	Slip/Trip at starting/finishing venue or during en route scheduled stops and sites of interest (including waterfalls, viewpoints, river crossings etc.	<p>Start location chosen to be away from fast-flowing traffic wherever possible, or at discretion of the tour leader(s).</p> <p>Travellers briefed on crossing challenging terrain as required.</p> <p>Correct route selection by guide.</p>	Yes		

		<p>Trekking routes adjusted based on weather conditions.</p> <p>Correct footwear worn.</p> <p>First aid trained guide with group carrying basic first aid kit and aware of emergency contact procedure.</p> <p>Locations with uneven surfaces avoided where possible (nature of parking motorcycles means this is encouraged by that factor as well).</p> <p>Take necessary precautions around known danger areas and rock faces.</p>			
Self-driving of motorcycle or riding as a passenger.	Cramp from prolonged riding.	Appropriate planned breaks during ride	Yes		
Self-driving of motorcycle or riding as a passenger.	Effects of weather.	<p>Check weather forecast to the best of our ability.</p> <p>Detailed kit list provided prior to commencing any motorcycle/ motocamping experience.</p> <p>Activity altered/cancelled/curtailed in extreme cold conditions, controlling risk of exposure or hypothermia, and also unacceptable risk of collision due to road surface conditions.</p> <p>Appropriate wet weather clothing taken on the ride.</p> <p>Shoes with good grip and a raincoat / poncho must always be highly recommended.</p> <p>Route/length of sessions at discretion of ride leader to ensure extreme heat/cold conditions catered for.</p> <p>Appropriate hydration throughout the duration of the trip.</p>	Yes		

		<p>Avoid woodland and bamboo areas in periods of extreme wind.</p> <p>Avoid areas of known danger from flash flooding after prolonged rainfall. Avoid crossing fast flowing streams when it is deemed risky to do so.</p>			
Self-driving of motorcycle or riding as a passenger.	Dust or debris damage to eyes.	<p>Full face helmet with visor provided. Wrap around glasses and visor also available.</p> <p>Saline eye drops carried within the first aid kit.</p>	Yes		
Self-driving of motorcycle or riding as a passenger.	Rider fatigue.	<p>Ride leader has authority to change or terminate ride if he/she considers the riding becoming dangerous or conditions inappropriate.</p> <p>Regular breaks and refreshments available.</p> <p>Any driver or passenger able to leave ride should fatigue become an issue.</p>	Yes		
Self-driving of motorcycle or riding as a passenger.	Collision with animals.	<p>Briefing at start of ride includes safety issues, and reminder to riders that he/she has responsibility for personal safety and the wellbeing of others.</p> <p>Briefed in relation to safe clothing. Proper clothing required as condition of taking part.</p> <p>Participants all wearing motorcycle padding, full face helmet and riding gloves. This is a one size fits all solution affording some impact/graze protection.</p> <p>All vehicles must be roadworthy, insured and licensed.</p> <p>Speed limits and other traffic law adhered to as part of the ride. All driving at speed limits suitable for road conditions and weather.</p>	Yes		

		Mobile phone carried by ride leader/tail ender in case of emergency.			
<p>Route:</p> <p>Distance – too far overall, between stops, between campsites.</p> <p>Terrain – too challenging, uneven ground, branches, rocks etc., animals and livestock</p> <p>Trails – narrow, lose terrain, slippery clay after periods of heavy rain.</p>	Bike drops, impact injuries, sprains or breaks.	<ul style="list-style-type: none"> • Routes to be checked by leaders ahead of the ride, for suitability and travel distances any challenging terrain to be checked physically in advance or an alternative planned in case too challenging for the group. • Routes to be checked for the best meeting points and any sections where navigation may be particularly difficult (e.g. areas of commercial forestry, farming or where trails split and go in multiple directions). • Routes to be checked for any particular hazards like stream crossings, a line of cliffs, dangerous roads, railways to find safe crossings or alternative routes. • Route agreed to be within navigational and physical capabilities of participants. • Routes to be checked for how they will be affected by adverse weather (high winds, heavy rain, poor visibility) and the ability of the group to complete the route. Ensure that alternatives / escape routes are incorporated into travel plan. ▪ Ensure that all participants are aware of dangers associated with trail riding as well as road riding and have completed practice rides over similar terrain. • Participants advised on suitable footwear and checked at start. • Participants to be briefed on safe navigation on the terrain, including avoiding rocks, gullies etc. All participants encouraged to wear protective clothing during the ride duration. 	Yes		
Self-driving of	Getting lost	Group remain with leader guide at all times.	Yes		

motorcycle or riding as a passenger.		<p>Guide carries a mobile phone and is able to contact the ETHOS headquarters in case of emergency.</p> <p>Travellers are provided with lead guides phone number in case of becoming separated from the group or getting lost.</p> <p>Police contacts are readily available and can be called on if required.</p> <p>Police Phone Number (Mr. Chung): 094 463 3669</p>			
Hill climbing and hill descents.	Crags / cliffs/ steep ground and waterfalls.	<p>Avoid dangerous areas.</p> <p>Adjust certain routes after periods of heavy rainfall.</p>	Yes		
While camping or at homestay locations.	<p>Animals:</p> <p>Infection, biting, crushing & kicking</p>	All animals on the site are properly controlled and supervised. Visitors should not touch the animals unless encouraged by their handlers. Supervisors should ensure children wash their hands after handling any animal.	Yes		
While camping or at homestay locations.	<p>Animals:</p> <p>Bees, wasps and insects</p>	<p>These are natural inhabitants of the countryside. Bees & wasps pose little risk unless provoked. If stung, seek advice from the tour leader.</p> <p>Guides aware of procedure if guests show breathing difficulty or signs of anaphylactic shock.</p>	Yes		
While camping or at homestay locations.	<p>Animals:</p> <p>Snakes</p>	<p>These are natural inhabitants of the countryside. Snakes pose little risk unless provoked. If bitten, seek advice from the tour leader.</p> <p>Guides aware of procedure if guest(s) are bitten by a snake.</p>	Yes		
Hill walking	Animals:	Recommend using insect repellent spray or equivalent.	Yes		

	Mosquitos and mosquito borne diseases (Dengue fever, Encephalitis etc)				
Food related issues.	Food poisoning	<p>Food & hygiene information provided to all homestay owners, lunch host families and all tour guides.</p> <p>Prepared food covered when necessary.</p> <p>Wash your hands in warm, soapy water before preparing food. Hand sanitising gel also available in the medical kit carried by guides.</p> <p>Don't use the same cutting board for raw food that will be used for cooked (meat) and foods that are served raw (such as salads). This reduces the chances of cross contamination of food.</p> <p>All food boiled or fried during preparation.</p>	Yes		
Food related issues.	Alcohol poisoning	<p>Briefing provided before trekking regard to drink responsibly and how to refuse drinking.</p> <p>Drinking water readily accessible at all times</p>	Yes		
Motocamping – homestay or camp-based issues.	Fire	<p>Guides attend fire safety & fire prevention course.</p> <p>All persons are aware of what to do in a fire situation.</p> <p>Water or sand available on site in case of fire emergency.</p> <p>On tours with children, please assure that parents take responsibility for supervising children when cooking is taking place or activities involve proximity to an open fire.</p>	Yes		
Motocamping – homestay or camp-based	Smoke inhalation	Briefing provided for guest(s) before staying in the local homestay.	Yes		

issues.		<p>Precautions to people have asthma problems, chronic obstructive pulmonary disease, emphysema and chronic bronchitis.</p> <p>Alternative accommodation available in circumstances where asthma or breathing problems determine necessary.</p>			
Motocamping – homestay or camp-based issues.	Tools and sharp implements	<p>Briefing provided for guest(s) before staying in the local homestay.</p> <p>Well-organised tools and sharp implement storage in the homestay.</p>	Yes		
Motocamping – homestay or camp-based issues.	Domestic animals	<p>Briefing provided for guest(s) before staying in the local homestay.</p> <p>All animals are properly controlled and supervised.</p> <p>Visitors should not touch animals unless encouraged by their owners/handlers.</p>	Yes		
Motocamping – homestay or camp-based issues.	Head Bangs.	Briefing provided for the guest before staying in the local homestay.	Yes		
Motocamping – homestay or camp-based issues.	Sitting on a low small chairs, or on floor	Briefing provided to the guests before staying in the local homestay.	Yes		
Motocamping – homestay or camp-based issues.	Clean water access.	<p>Provided safe drinking water in all local homestay owners.</p> <p>Provide stainless steel tanks for storing clean, boiled water. These tanks are empty and cleaned every two weeks.</p>	Yes		

<p>Motocamping – homestay or camp-based issues.</p>	<p>Sleeping conditions.</p>	<p>Clean mattress, mosquito nest, blankets are provided. Provide hot water bag for the winter</p>	<p>Yes</p>		
<p>Motocamping – homestay or camp-based issues.</p>	<p>Risk of injury or illness from:</p> <p>Water & Waste – Infection & vermin</p> <p>Toilet facilities - Safeguarding issues, Environmental impact.</p> <p>Tentage, guy lines, trip hazards, Items stored at low level – Tripping on guy lines and tent pegs, natural items.</p> <p>Cooking – Hot liquids, Cooking fats, Risk of fire, Burns.</p>	<p>Check out the access to site, the boundaries and any features that may present a risk – for example: activity areas, rock edges, rivers, lakes, etc.</p> <p>Avoid natural dips or close proximity to rivers as a risk to tents flooding due to water build up or flash flooding.</p> <p>Ensure appropriate footwear is worn at all times. Avoid bare feet unless activity specific.</p> <p>Assured supply of appropriate source of fresh, drinkable water?</p> <p>2 litres of water carried by each person, adequate supply of fresh water provided for top up purposes at checkpoints and campsites by leader.</p> <p>Have an appropriate place for disposal of toilet waste where possible.</p> <p>Choose areas clear of obstructions, sharp items, animal burrows holes, rocks, logs etc or remove obstructions.</p> <p>Try to avoid hazards such as barbed wire fences etc.</p> <p>Gas cooking and lighting equipment to be used in controlled areas.</p> <p>Extreme care with liquid fuels and gas canisters.</p>	<p>Yes</p>		

	Bugs & Dirt – Dirty utensils Hygiene Food poisoning	First aid kit in camp – call First Aid leader if required. Leaders ensure good hygiene standards throughout camp. Make sure to use clean cooking / eating utensils.			
Motorcycle riding.	Heat exhaustion	Correct clothing to be worn	Yes		
Motorcycle riding.	Sunburn	Sun protection used and sunscreen worn when necessary.	Yes		
Motorcycle riding.	Asthma	Provide precautions before trekking	Yes		
Motorcycle riding.	Hay fever	Take allergy medications	Yes		
Motorcycle riding.	Blisters	Boots fitted correctly. Quality socks worn. Feet prepared properly prior to activity. Correct first aid administered.	Yes		