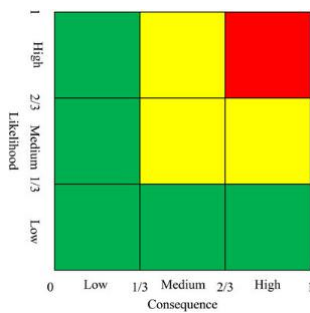


Generic Risk Assessment Introduction

This Risk Assessment applies to all club group rides, including Sunday Club rides, organised events, training rides, and mid-week social rides.

The aim of this document is to manage and as far as practicable mitigate risks for all participants - experienced members, new members, young people, and non-members. It underscores the club's commitment to safety and the ethos of looking out for one another.

Understanding Risks:



- **Hazard:** A potential source of harm.
- **Risk:** The likelihood of encountering the hazard.

Using a simple 3x3 grid system, we consider the likelihood of a risk occurring against the severity of the outcome, to classify risks as **LOW**, **MEDIUM**, or **HIGH**. Control measures are then devised to reduce or as far as reasonably practicable eliminate these risks, leaving us with the residual risk.

Duties of Care: Committee Members and Ride Leaders have responsibilities to minimise foreseeable risks of injury. This includes implementing and communicating risk assessments and ensuring the safe conduct of rides. Members also have a duty of care towards themselves, fellow riders, and the public.

Dynamic Risk Assessment: Unforeseen risks can materialise immediately before or during a ride. It is every rider’s responsibility to call out such risks, and ensure that the Ride Leader, or event organiser is made aware, so they can dynamically assess the risk and implement proportionate control measures.

Conclusion: Safety is a shared responsibility grounded in reasonable actions and precautions. Respect for Ride Leaders and adherence to guidelines is crucial. We encourage members to familiarise themselves with this document and obtain appropriate third-party insurance. Remember, participation in group activities is at your own risk.

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Checked by: Andy Jones (Club Participation Lead)

Reviewed on: **March 2024**

Next review: **March 2025**

<p>Risk 1</p> <p>Activity: PRE-RIDE Hazard: EQUIPMENT Type: BREAKDOWN / RIDER STRANDED Responsible: RIDER Who is at Risk: RIDER / PUBLIC</p> <p>Risk LOW</p>	<p>Control Measures: Riders must carry a basic toolkit, including a method for tyre inflation, at least one inner tube (two recommended), tyre levers, mobile phone, and money/cash card. Further Action to consider – Ride Leader can ask rider not to take part.</p> <p>Residual Risk LOW</p>
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<p>Risk 2</p> <p>Activity: PRE-RIDE Hazard: EQUIPMENT Type: CONDITIONS / ACCIDENTS Responsible: RIDER Who is at Risk: RIDER / PUBLIC</p> <p>Level MEDIUM</p>	<p>Control Measures: Bikes must be roadworthy as per gov.uk regulations, contained in the Highway Code. Conduct pre-ride checks on brakes, frame, steering, pedals/cleats, wheels, and tyres. Tribars are prohibited on club group rides. Further Action to consider – Ride Leader can ask rider not to take part.</p> <p>Residual Risk LOW</p>
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<p>Risk 3</p> <p>Activity: PRE-RIDE Hazard: EQUIPMENT Type: CLOTHING COMFORT SAFETY Responsible: RIDER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures: Dress appropriately for the weather, including waterproof and high-visibility clothing. Helmets and eye protection are mandatory for safety. Further Action to consider – Ride Leader can ask rider not to take part.</p> <p>Residual Risk LOW</p>
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<p>Risk 4</p> <p>Activity: PRE-RIDE Hazard: EQUIPMENT Type: STRANDED / COMMUNICATION LOST Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures: Carry a mobile phone or money for public phone use. Have ICE numbers in your phone. Carry key medical information on your person. Stay familiar with the route. Route details to be available on Spond in advance.</p> <p>Residual Risk LOW</p>
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<p>Risk 5</p> <p>Activity: PRE-RIDE Hazard: EQUIPMENT Type: FOOD / DRINK Responsible: RIDER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Know the ride distance beforehand. Carry sufficient food/drink for the ride.</p> <p>Briefing on ride distance and appropriate points to stop and check group.</p> <p>Residual Risk LOW</p>
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<p>Risk 6</p> <p>Activity: PRE-RIDE Hazard: PREPARATION Type: HEALTH Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Assess your fitness for the ride's distance/pace. Don't ride if unwell. Inform a Ride Leader if feeling unwell or suffering from an injury during the ride.</p> <p>Further Action to consider – See control measures Risk 4,5.</p> <p>Residual Risk LOW</p>
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<p>Risk 7</p> <p>Activity: PRE-RIDE Hazard: GROUOP SIZE Type: ACCIDENTS Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER / PUBLIC</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Groups limited to between 6-12 x riders, depending on route. New riders to identify themselves for a 'ride buddy' allocation.</p> <p>Further Action to consider – Appoint a second Ride Leader if needed and split the group.</p> <p>Residual Risk LOW</p>
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<p>Risk 8</p> <p>Activity: PRE-RIDE Hazard: NEW RIDERS Type: ACCIDENTS Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER / PUBLIC</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Demo/new riders must introduce themselves/be introduced to a Ride Leader. Beginners and under-18s need to acknowledge the Risk Assessment.</p> <p>Further Action to consider – Pair demo riders with a competent club member.</p> <p>Residual Risk MEDIUM</p>
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<p>Risk 9</p> <p>Activity: PRE-RIDE Hazard: COMMUNICATION Type: ACCIDENTS Responsible: RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Ride Leaders to conduct a pre-ride briefing covering route, stops, duration, hazards, and weather.</p> <p>Residual Risk LOW</p>
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<p>Risk 10</p> <p>Activity: RIDE Hazard: ACCIDENT Type EACH OTHER Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Ensure cycle maintenance. Follow group ride calls and hand signals. Ride smoothly and consistently. Club briefing on Group Riding. Ride Leaders trained.</p> <p>Further Action to consider – Pre-ride briefing, identify new/inexperienced riders for support.</p> <p>Residual Risk LOW</p>
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<p>Risk 11</p> <p>Activity: RIDE Hazard: SERIOUS ACCIDENT Type: EACH OTHER / ROAD USERS Responsible: RIDER Who is at Risk: RIDER / PUBLIC</p> <p>Level HIGH</p>	<p>Control Measures:</p> <p>Follow the Road Traffic Act and Highway Code. Use front and rear lights in poor visibility. Perform Dynamic Risk Assessments (DRAs).</p> <p>Further Action to consider – Nominate a Ride Leader Assistant for group control. Report accidents.</p> <p>Residual Risk MEDIUM</p>
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<p>Risk 12</p> <p>Activity: RIDE Hazard: ACCIDENT Type: SELF (SINGLE RIDER ACCIDENT) Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER / PUBLIC</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Pay attention to road surfaces. Only ride at a competent speed, especially on descents.</p> <p>Further Action to consider – Cancel ride if roads are icy.</p> <p>Residual Risk LOW</p>
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<p>Risk 13</p> <p>Activity: RIDE Hazard: 3rd PARTY CLAIM Type: FINANCIAL / PERSONAL Responsible: RIDER Who is at Risk: RIDER</p> <p>Risk LOW</p>	<p>Control Measures:</p> <p>Recommend insurance for 3rd party claims, e.g., British Cycling or Cycling UK, or cycling specific insurance like Sundays Insurance</p> <p>Further Action to consider – Cancel ride if roads are icy.</p> <p>Residual Risk LOW</p>
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<p>Risk 14</p> <p>Activity: RIDE Hazard: STOPPING Type: - ACCIDENT Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Choose safe stopping places, avoiding road junctions, bends, and other hazards. Warn riders before stopping, keep the carriageway clear.</p> <p>Residual Risk LOW</p>
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<p>Risk 15</p> <p>Activity: RIDE Hazard: HORSE Type: - ACCIDENT Responsible: HORSE RIDER / RIDE Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Warn horse riders of your approach by verbal communication, and pass by slowly,</p> <p>Residual Risk LOW</p>
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<p>Risk 16</p> <p>Activity: RIDE Hazard: TRAILS Type: ACCIDENT Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER</p> <p>Level MEDIUM</p>	<p>Control Measures:</p> <p>Reduce speed on trails, be aware of debris, loose surfaces, and wildlife. Give extra time for warning to dog walkers,</p> <p>Further Action to consider – Control Measures at 11, 13 & 15</p> <p>Residual Risk LOW</p>
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<p>Risk 17</p> <p>Activity: RIDE Hazard: ACCIDENT</p>	<p>Control Measures:</p> <p>In an accident, move the group off the road and control traffic if required. Administer</p>
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Type: ACCIDENT (FURTHER ACCIDENT) Responsible: RIDER / RIDE LEADER Who is at Risk: RIDER Level MEDIUM	first aid and contact emergency services if necessary. Stay with the injured cyclist until help arrives. Assist in filling an accident report form. Residual Risk LOW
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Risk 18 Activity: RIDE Hazard: THEFT Type: RIDER STRANDED / FINANCIAL Responsible: RIDER Who is at Risk: RIDER Level MEDIUM	Control Measures: Keep bikes in sight during stops. Use quality locks. At end of ride extended café stop, ensure bikes are locked to an immovable object or other bikes. Report theft to Police and Club Secretary. Residual Risk LOW
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Risk 19 Activity: POST-RIDE Hazard: - NA Type: - RISK PREVENTION Responsible: RIDER Who is at Risk: RIDER Level -	Control Measures: Conduct a ride debrief to discuss any issues, concerns, and positive aspects. Report any accidents, near misses, or other notable events to the Ride Leader or committee members. Report any matters arising from the ride to the Ride Leader and/or Club Secretary. Residual Risk -
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