

## Introduction

The following is a generic risk assessment, that is, it is suitable for use on Stroud Valleys Cycling Club road rides. Some additional hazards may be experienced in off-road riding where the technical ability / experience of riders may need further consideration. This risk assessment should not be used for events that involves members of the public, such as a registered event, where Cycling UK recommends carrying out a risk assessment specifically for such an event, although this document could be used as a basis for it.

A risk assessment is designed to reduce risk by applying good practice; it does not in itself prevent the hazards / risks from occurring but acts as a guide for leaders and riders.

We take part in rides at our own risk and it is up to each rider to make the decision whether or not they are able to take part in the ride.

Every time we ride our bikes, we are exposing ourselves to various risks and this risk assessment helps us to focus our minds on these risks and hopefully helps to reduce them.

HAZARD = something with the potential to cause harm

Severity = possible outcome from hazard; 1 - none / minor injury, 2 - injury requiring treatment, 3 - Hospitalisation or fatality.

RISK = the chance, great or small, of coming into contact with that hazard; 1 - Seldom or never likely to happen, 2 - Reasonable likely to happen, 3 - Extremely likely to happen.

This Risk Assessment uses a HIGH, MEDIUM, LOW indicator method. It's a careful examination of what in our club ride activities presents a hazard and could cause harm to people. It then identifies ways to reduce and manage these risks. These are the control measures to be implemented by all riders on a club ride. Severity and risk are given numeric values LOW (1), MEDIUM (2), HIGH (3), which are then multiplied to give a total risk score.

Items to take on ride:

Recommended	Suggested
ID including ICE (In Case of Emergency)	Lock
Phone	Mech hanger
Money	Nuts and bolts (typically M4/M5)
Multi-tool	Tyre boot
Pump / CO2	Cable ties
Inner tube(s) / patches	Valve core tool
Water	Space blanket
Snacks	Medical kit
	Quick links

Hazard	Severity	Risk	Total	Mitigation	Recommendation
Equipment Failure	1	3	3	Cycles should be roadworthy and well maintained.	Riders should carry out a general check prior to ride and carry repair equipment (inner tube, multi-tool, tyre levers, etc)
Known medical conditions – eg. Asthma, epilepsy, severe allergy, heart condition etc.	2	3	6	Riders with a known medical condition need to ensure that they are fit to participate in the ride and to carry any necessary medication.	
Illness	2	1	2	Riders to ensure they are aware of the distance/pace of the ride and are of sufficient level of fitness to complete ride	Do not start any ride if you feeling unwell or you are not able to complete it.
				Riders must practice good respiratory / hand hygiene.	Riders should consider not riding to avoid the spread of infections.
Inexperienced riders in the group.	2	3	6	When there are inexperienced riders, consideration should be given to giving them extra support.	Ride leader to appoint an experienced backmarker and/or "buddy" to look after the inexperienced rider.
Weather conditions.	2	2	4	Routes are reviewed before the ride considering the weather forecast (noting freezing & high temperature, high winds, heavy rain and flooding)	Ride leader to consider, delaying, or cancelling if risk is too high.
				Rider's clothing to reflect conditions	Rider to carry additional clothing (e.g. rain jacket) as required.
				Sun tan lotion should be used to prevent sun burn	
				Extra water may be needed in hot weather	Rider leader should consider extra stops to refill water, cool off and drink.

Hazard	Severity	Risk	Total	Mitigation	Recommendation
Bad road surface, potholes, gravel, mud, ice, etc - Resulting in impact with ground	3	1	3	Routes are planned to avoid known hazardous roads. Routes are reviewed before the ride considering the weather forecast, and rides rerouted, delayed, or cancelled if risk is too high.	Ride leader to review before the ride considering the weather forecast, and rides rerouted, delayed, or cancelled if risk is too high.
				All riders must pay close attention to the road surface and the immediate environment. Abilities in a group ride will vary and it is for each individual rider to consider the conditions and take individual action such as slowing down and dismounting.	
				All Riders to only ride at a speed at which they are competent / confident particularly on descents.	
				Riders shall communicate hazards to other members of the group.	Using well known hand and verbal signals developed for cyclist.
				The use of personal protection such as helmets and gloves may reduce injury in the event of a fall is recommended but is not mandatory.	
Collision with other road / path user. (Motor vehicle, pedestrian, horse rider, cyclist etc.)	2	3	6	All riders must follow the Highway Code at all times including obeying traffic signals and signs.	
				If poor visibility expected, wear bright clothing and use cycle lights.	
				Riders to use warnings and signals to warn of approaching vehicles and other hazards (“Car-down” to warn of vehicle approaching from front, “Car-up / Car-back” when it’s approaching from behind).	

Collision with other riders in the group.	2	3	6	When cycling on narrow (single track roads) consider pulling into passing places (etc) to allow vehicles to pass.	
				When approaching horse rider(s), lead riders are to warn and slow the group and warn horse riders of the approaching group. The group to pass wide and slow or stop to allow horses to pass or take instruction from a horse rider. The group is always to give way to horses.	
				Lead riders should warn the group of pedestrian on the road, if necessary on a narrow road (or shared path) the group should slow and callout to the pedestrian (additional care should be taken for children and dogs).	
				Riders in the group should position themselves to avoid overlapping wheels and not routinely pass on the inside of another rider.	
				Riders to communicate their action (e.g. stopping, slowing, coming through, etc)	
Collision with an animal.	1	3	3	Riders at front of group to be observant of such hazards and shout warnings to the group.	
Fatigue - risk of crashing	2	3	6	Riders have responsibility for ensuring that they carry enough food / drink / energy gels for duration of ride	

Hazard	Severity	Risk	Total	Mitigation	Recommendation
Lone cycling. (Illness, injury etc when abandoned by the group).	1	3	3	Club rides are intended as group rides, riders should communicate up the group to inform the leader of anybody being dropped or stopping.	
				Riders must be prepared to take care of themselves should they become stranded due for instance to bike failure or otherwise become separated from the group. This means each rider preferably carrying: <ul style="list-style-type: none"> <li>• Method of inflating tyre/inner tube</li> <li>• At least one inner tube (preferably two)</li> <li>• Two/Three tyre levers</li> <li>• Multi-Tool with Chain splitter / Chain link..</li> <li>• Mobile phone and money/cash card</li> <li>• Contact Details of Ride Leader</li> </ul>	
				A Ride Leader should not leave a rider stranded alone unless it is safe to do so. Ride leaders should wait at every junction, technical descent end and hilltop until the whole group has arrived and is ready to go again.	In the case of under 18s and vulnerable riders, specific safeguarding procedures are in place and must be followed.

Hazard	Severity	Risk	Total	Mitigation	Recommendation
Night / low light conditions	2	3	6	All riders to aim to be road legal from sunset to sunrise. Lights (front and back) should be used.	Reflective / bright clothing can aid being seen by other road users.
Stopping	1	1	1	Should the need to stop arise e.g. through puncture, then a place must be found sufficiently off the right of way for the group to wait safely and the bike be attended to.	
Eye Damage from road spray, insects, grit etc.	2	2	4	Each rider to consider wearing suitable eye protection to protect against branches, insects, rain, sunlight and mud.	