

NHRC Risk Assessment Form for Ride Leaders

Whilst leaders have to be conscious of safety at all times and constantly evaluate risk, it must be recognised that it is not possible or indeed desirable to entirely remove all risk from cycling activities. The main factor in managing risk is the quality, experience and judgment of the leader, whose purpose it is to ensure that consequences are acceptable. Leaders are expected to make decisions in the best interest of their clients and whilst they are required to be mindful of guidelines and standards of accepted practice, no attempt is made to interfere with their on the spot judgement.

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| **Activity** | | | | | | |
| **Activity** | Type of activity:  Mortimer 25 mile circuit SSJ | | | | | |
| Date of activity: | | | | | |
| Leading Environment:  Public Roads | | Start time: | | Estimated finish time: | |
| Estimated no: | | | | | |
| **Riders** | Club riders | Ability: | | | | Age: |
| **Leaders** | Names: | | | | | Telephone: |
| Tick here to confirm that the leaders are appropriately qualified - British Cycling and/or Cycling UK | | | | | | |
| Risk assessment completed by:  Luke Brashier | | | | Date: Reviewed 070621 | | |

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| **Hazard description** | **People at risk** | **Control measures** | **Notes** |
| Fall from cycle | Riders, leaders | Riders wearing suitable and properly adjusted helmets. Route chosen carefully with regard to the group, skill level, gradients and terrain. Group trained to cope with identified hazards. |  |
| Collision between two or more riders | Riders | Clear instructions on spacing, particularly when going downhill; encourage communication with others in group, verbally and with hand signals. |  |
| Traffic accident | Riders, leaders, members of the public | Clear instructions on speed, formation, spacing, signals and communication. Group briefed on problems of on-road sections and of dangers presented by others (eg vehicles, pedestrians, animals and other cyclists). Other staff and responsible adults deployed appropriately throughout the group. |  |
| Road Junctions, (Traffic Lights, Cross Roads, Roundabout, Multi Lane Junctions) | Riders, leaders, members of the public | Give group clear instructions on speed, formation road positioning, spacing, signals and communication. Brief group on dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group. |  |
| Narrow Lanes / Roads | Riders, leaders, members of the public | Give group clear instructions on speed, formation road positioning, spacing, signals and communication. Brief group on dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. | Accumulation of mud/debris in the middle of the lanes.  Single the group out and proceed with caution when approaching bends. |
| Canal Tow Paths | Riders, leaders, members of the public | Clear instructions on spacing, formation and positioning; encourage communication with others in group verbally and with hand signals etc. Brief group on dangers presented by others e.g. pedestrians, animals and other cyclists and on how to ride socially responsible. |  |
| Mechanical breakdown | Riders, leaders | Bikes maintained adequately for intended ride. BHC-check carried out prior to the ride. Leader to carry spares and tools. |  |
| Medical emergency | Riders, leaders | Medical disclosure forms collated and reviewed before the ride. Leader holds current HSE First Aid certificate. Emergency procedures in place. Voluntary staff made aware of emergency procedures. |  |
| Adverse weather conditions | Riders, leaders | Current forecast checked, advice given on appropriate gear and clothing, check gear immediately prior to ride. Have alternative routes in mind, modify/shorten if necessary. |  |
| Navigational error | Riders, leaders | Appropriate staff training in use of map, compass and cycle computer. These items to be carried, if appropriate. |  |
| Group separation/ missing group member(s) | Riders | Clear instructions to adult helpers/leaders: supervision of both head and tail of group. Leaders to remain in contact regularly. |  |
| **Specific** | | | |
| Granite loose chippings - In the summer the council resurface the roads with loose granite chippings | Riders, leaders | The loose chippings can be quite deep and present an unstable road surface for bikes. When you encounter a road with these chippings on:   * Reduce your speed * Single out * Do not change direction or put your brakes on suddenly |  |
| 11.8 miles - West End Road – 13 miles | Riders/Leaders | Previous roadworks have left broken surface stretching for most of the downhill section  Single out, slow down and exercise extreme caution. |  |
| 15.3 miles - Junction in Aldermaston village | Riders/Leaders | Traffic from left can approach quite quickly. Stop at junction. |  |
| 23.1 – 24.5 miles – Narrow lanes with uphills and descents | Riders/Leaders | Ensure you single out as required and stay on the left hand side of the road, do not cross the white line. |  |
| 24.5 mile - . Crossing Aldermaston road | Riders, leaders | Very busy road. Stop at junction. Exercise caution when crossing the road. |  |

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| Comments/ Additional Notes (i.e. summary of medical conditions, route specifics etc) |
| 25 miles  Ascent 1006ft  Advise all riders when approaching junctions to check to see if it is safe to cross/join a road, and not to rely on other riders saying safe or clear. It is the individual rider’s responsibility to make sure that it is safe to proceed. |