

NHRC Risk Assessment Form for Ride Leaders and Ride Participants

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 risk assessment will be issued and made available in advance of the ride taking place. It is the participant’s responsibility to review the risk assessment in advance of the ride.

Dynamic risks may be encountered on the ride and the leader will make reasonable endeavours to assess and communicate the risk and appropriate controlling action to the participants. On a group ride everyone is responsible for each other’s safety. Participants are responsible for their own safety and those around them and take part in activities at their own risk.

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| **Activity** |
| **Activity** | Type of activity:Ride to Alton via Medstead |
| 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: | Date:  |

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| **General** |
| **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 experienced enough and briefed 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).  |  |
| 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.  |  |
| 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. In briefing notes made available to riders pre ride to point out that their bikes must be in a roadworthy and safe condition. Riders/ Leader to carry spares and tools. |  |
| Medical emergency | Riders, leaders | Ride leader to supervise the immediate situation and call the emergency services. Action taken depending on the nature of the emergency.  |  |
| Adverse weather conditions | Riders, leaders | Current forecast checked, advice given on appropriate gear and clothing in pre ride notes available to riders. Have alternative routes in mind, modify/shorten if necessary. |  |
| Navigational error | Riders, leaders | Ride leader to have the route downloaded on GPS enabled cycle computer.  |  |
| Group separation/ missing group member(s) | Riders | Clear instructions given to the group on keeping the ride together and letting the leader now if anyone is struggling or has gone out the back of the group.  |  |
| **Specific** |
| 0.4 miles – Crossing A340 | Riders/Leaders | Busy road. Stop at junctions as required.  |  |
| 2.4 miles – Crossing A339 | Riders/Leaders | Busy road. Stop at junctions as required. |  |
| 11.1 miles – Crossing A30 | Riders/Leaders | Busy road. Stop at junctions as required. |  |
| 21.4 – 23.4 miles - Descent |  | Control speed, exercise caution and keep a good distance between you and the rider in front. |  |
| 23.5 miles – Junction at bottom of descent | Riders/Leaders | Stop as required. |  |
| 23.6 miles – Joining A339 | Riders/Leaders | Busy road, stop at junction. |  |
| 23.8 miles - Leaving café stop, joining A339. | Riders/Leaders | Exercise caution, stop as required. |  |
| 24.8 - 25.6 miles – joining A3349 | Riders/Leaders | Busy road, single out. |  |
| 38- 41.7 miles – Riding through Old Basing, Lychpit and Chineham.  | Riders/Leaders | Built up areas, beware of road furniture and junctions. Exercise caution and control speed. |  |

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| **Comments/ Additional Notes (i.e. summary of medical conditions etc)** |
| 46.5 miles2,017ft ascentAdvise 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.  |