

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 Yattendon V2 |
| 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/ Graham Simpson | Date: 250821 |

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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** |
| 2.8 miles – T junction | Riders, leaders | Stop as required |  |
| 5 miles – Ford over river adjacent footbridge | Riders, leaders | Do not attempt to ride through the ford, dismoiunt and walk across the bridge. |  |
| 6.1 miles – Descent with gravel across the road and left hand turn at the bottom | Riders, leaders | Single out , reduce speed, exercise caution. |  |
| 10.8 miles – Railway level crossing | Riders, leaders | Stop and wait as required. |  |
| 11.1 miles – Crossing A4. Very busy junction | Riders, leaders | Stop as required |  |
| 18.4 –19.3 miles - Narrow lane, steep descent with bends | Riders, leaders | Single out , reduce speed, exercise caution. |  |
| 19.4 miles – Sharp left turn | Riders, leaders | Single out , reduce speed, exercise caution. |  |
| 19.8 miles – Sharp right turn | Riders, leaders | Single out , reduce speed, exercise caution. |  |
| 24 miles – Descent to A4. | Riders, leaders | Single out, control speed, exercise caution. |  |
| 24.5 miles – Junction at bottom of descent crossing A4. Busy junction. | Riders, leaders | Reduce speed approaching junction and stop at junction, |  |
| 24.6 miles – Turning right from off of the A4 across traffic | Riders, leaders | Control speed and stop as required. |  |
| 24.7 miles - Railway level crossing | Riders, leaders | Stop and wait as required. |  |
| 27.5 miles – Busy junction, traffic approaching from both directions  | Riders, leaders | Stop as required. |  |
| 33.5 miles – Junction crossing crossing A340. Busy road. | Riders, leaders | Stop as required. |  |

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| **Comments/ Additional Notes (i.e. summary of medical conditions etc)** |
| 34.2 miles1,681ft 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.  |