

Risk Assessment



4 Day – Road Rides

Reviewed: 1st November 2021

Suggested Date to be Reviewed: 31st October 2022

Hazard Ratings:

Likelihood	Severity	Significance (Likelihood x Severity)
0 = Impossible 1 = Very Unlikely 2 = Possible 3 = Likely 4 = Probable 5 = Imminent	0 = No Effect 1 = Minor: Superficial injury, little first aid required. 2 = Moderate: Hospital treatment, 7 days off work. 3 = Serious: Urgent medical attention. 4 = Major: Single major injury (RIDDOR) or death. 5 = Catastrophic: Many serious injuries or death.	0 -4 = Low: Monitor to ensure likelihood does not increase. 5-14 = Medium: seek longer term means of reducing likelihood to lowest possible level. Seek design of lower consequence system as a priority. 15-25 = High: Immediate plan of action. Reduce likelihood. Consider design of lower consequence system. High likelihood of serious injury.

Persons at Risk: <input checked="" type="checkbox"/> Employees <input type="checkbox"/> Other Workers <input checked="" type="checkbox"/> Public <input checked="" type="checkbox"/> Visitors <input type="checkbox"/> Disabled <input type="checkbox"/> Pregnant <input type="checkbox"/> Young Persons

Hazard Type	Initial Significance	Control Measures to be Adopted	Risk After Control		
			Likelihood	Severity	Significance
Hazard: Equipment Risk/Harm: Conditions, Accidents	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ Cycles must be legal and roadworthy ➤ Riders to carry out pre-ride checks daily, brakes, frame, steering, pedals/cleats, wheels & tyres 	1	4	4 ●
Hazard: Breakdowns Risk/Harm: Stranded	● 9 L: 3 S: 3	<ul style="list-style-type: none"> ➤ It is suggested that each rider to carry minimum tool kit comprising: <ul style="list-style-type: none"> ❖ Method of inflating tyre/inner tube ❖ At least one inner tube (2 recommended) ❖ Two/Three tyre levers ❖ Multi Tool with Chain splitter and Chain links. ❖ Mobile phone and money/cash card ❖ Contact Details of Ride Leader. ➤ All riders to be familiar with the route before setting off, and recommended that a copy of the route is carried at all times ➤ Clothing and Equipment for 4 days 	1	3	3 ●

If you have any queries relating to this risk assessment your first port of call is your Ride Organiser who will ensure that you report to the correct person to have your queries answered. DO NOT start until you are clear on the controls detailed within the risk assessments and have signed to confirm your understanding.

Hazard Type	Initial Significance	Control Measures to be Adopted	Risk After Control		
			Likelihood	Severity	Significance
Hazard: Energy loss Risk/Harm: Personal Injury	● 9 L: 3 S: 3	<ul style="list-style-type: none"> ➤ Riders are responsible to ensure they carry enough food/drink/energy gels for duration of daily ride ➤ Carry money to purchase food/drink 	1	3	3 ●
Hazard: Communication Risk/Harm: Getting lost, Accidents, Weather	● 9 L: 3 S: 3	<ul style="list-style-type: none"> ➤ Ride Leader to undertake a pre-ride briefing for all riders to cover; <ul style="list-style-type: none"> ❖ An overview of the route, any stops, likely duration and distance ❖ Any known route hazards, diversions or other considerations ❖ Any issue relevant to the weather (wind/frost/ice) 	1	3	3 ●
Hazard: Stopping Risk/Harm: Theft	● 9 L: 3 S: 3	<ul style="list-style-type: none"> ➤ Always try and ensure that your bike is within your sight during stops. ➤ At protracted stops e.g. café, ensure that your bike is locked to an immovable object / other bikes using a good quality /approved lock. ➤ Ensure that you have adequate insurance cover in place covering the loss of your bike 	1	3	3 ●
Hazard: Conditions Risk/Harm: Weather & Incidents	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ The Ride Leader will assess the weather conditions prior to the start of the ride and during the allocated time of the ride ➤ Riders to assess weather and dress appropriately ➤ Waterproof jacket/gilet to be carried when needed ➤ Recommended clothing with high visibility reflective panels ➤ Riders to wear approved safety helmets, these should not have been involved in a crash impact and to be changed at manufactures recommended intervals. ➤ Recommend the wearing of eye protection as required (dependant on conditions) ➤ Mudguards are recommended during the winter months ➤ If riding at night ensure both front and rear lights have sufficient battery life for the ride and conform to BS6102/3 or equivalent EC standard. 	1	4	4 ●





Hazard Type	Initial Significance	Control Measures to be Adopted	Risk After Control		
			Likelihood	Severity	Significance
Hazard: Health Risk/Harm: Personal Injury	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ 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. ➤ Ensure any specific medication is taken on rides or any other first aid deemed necessary. ➤ Inform the ride leader of any medical conditions, prior to start of the ride ➤ If during the ride you feel unwell, inform the ride Leader immediately ➤ Be familiar with the Highway Code (Rules 59 to 82) and particular advice on where/when to ride two abreast or single file (rule 66). ➤ Always follow any instruction given by ride leader ➤ Pay close attention to the road surface at all times and dynamically risk-assess any changes identified. ➤ Be aware of the calls / warnings in relation to changes in surface such as potholes and use / pay attention to these warnings. ➤ Only ride at a speed at which you are competent/confident particularly on descents. ➤ Ice on the roads should be brought to the attention of the Ride leader immediately. 	1	4	4 ●
Hazard: Collisions Risk/Harm: Accidents, Harm to other road users	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ All riders to be conversant with the group ride calls, hand signals and warnings and ensure that these calls are passed along the line ➤ Ride smoothly and consistently, be aware of those around you and do not brake without warning ➤ Concentrate at all times and anticipate changing road conditions ➤ When negotiating unforeseen road conditions (such as potholes) riders should be aware that their actions impact on others ➤ Ride slightly to the side of the wheel in front and with sufficient safe gap if not confident/competent to ride immediately behind the wheel in front ➤ Do not let your front wheel overlap that of the rear wheel of the bike in front ➤ When riding two abreast maintain an even pace and do not speed up when another rider draws level (do not 'half wheel') 	1	4	4 ●

Hazard Type	Initial Significance	Control Measures to be Adopted	Risk After Control		
			Likelihood	Severity	Significance
Hazard: Breakdowns Risk/Harm: Accidents	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ Riders will conform to the Road Traffic Act and follow the Highway code at ALL times ➤ Riders will obey all traffic signals and signs ➤ At times of poor visibility, wear bright clothing and if necessary, use cycle lights ➤ All riders to continually assess traffic conditions, driver attitudes and carry out Dynamic Risk Assessments (DRA). E.g get off and walk/use a pedestrian crossing if you have to cross a major road ➤ Should the need to stop arise e.g through puncture, breakdown etc. then a place must be found sufficiently off the road to allow safe passage of traffic ➤ Consider using person(s) at Strategic points to warn oncoming traffic of any obstruction. ➤ Riders to warn of approaching vehicles using known calls 	1	4	4 ●
Hazard: Breakdowns Risk/Harm: Accidents & Harm to other road users	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ Always choose a safe place to stop as a group, and in particular avoid road junctions, bends and other physical road hazards. ➤ Warn riders before stopping, and keep the carriageway clear. ➤ In the event of punctures, breakdowns etc. clear the carriageway if possible, or ride leader to instruct the group to continue to a safe waiting place. ➤ Assess the problem and decide whether to hold up the ride or leave the affected rider with helpers and details of the route to the next stop(s). ➤ If unsure of the route, stop well before junction to consult map ➤ Check for presence of back marker at junctions. ➤ If necessary, wait for slower riders beyond the junction. 	1	4	4 ●

Hazard Type	Initial Significance	Control Measures to be Adopted	Risk After Control		
			Likelihood	Severity	Significance
Hazard: Animals Risk/Harm: Accidents, Animal attacks	● 16 L: 4 S: 4	<ul style="list-style-type: none"> ➤ On approach to a ridden horse, the lead rider should warn the horse and horse rider by verbal communication that human(s) are present and behind. Thereafter proceed and pass by slowly. ➤ Heed any advice given by horse rider. (Horses can be spooked by bikes, it is essential that the horse hears the human voice before it sees the bike. ➤ Dog or pet walkers may need extra time to control or distract their animal so give extra time for warning. ➤ Wild life is more abundant on these trails and riders should be vigilant. 	1	4	4 ●

Personal Protective Equipment (PPE):

Below are detailed the recommended minimum standards of PPE to be worn by all personnel engaged by 3CCC.

PERSONAL PROTECTIVE EQUIPMENT REQUIREMENT.			
			
Lights Front and Rear BS6102/3 or equivalent	Eye Protection As required	Head Protection BS EN1078 Cycling Helmet	Recommended Clothing with HiVis reflective panels