



CROUCH END AND DISTRICT U3A
CYCLING FOR FUN AND FITNESS GROUP
GENERAL RISK ASSESSMENT FOR GROUP CYCLE
RIDES



Task / activity you are assessing	Hazards which may be present or may be generated?	Who may be harmed by the hazards?	Precautions already in place to either eliminate or reduce the risk of an accident happening?	Additional precautions you may need to either eliminate or reduce the risk?
Group safety before first and every ride	<p>Cycle route/location</p> <p>Ability of participants</p> <p>Participants with known health problems injury/fitness – prior to ride</p> <p>Bicycle not in good working order or suitable for the Group’s rides – prior to the ride</p>	<p>Participants</p> <p>Ride leader</p>	<p>All participants must self-assess and complete a health and safety declaration – to declare fitness and that their bicycle is in good working order.</p> <p>Ride leader to be notified and retain record of any injuries/health conditions.</p> <p>Ride leader to be notified and retain emergency contact details.</p>	<p>Ride leader to ask participants if anyone has any new injuries or concerns before ride starts.</p> <p>Ride leader to ask participants if anyone has any concerns about their bicycle before the ride starts.</p>

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<p>General safety on every ride</p>	<p>Injury/illness unreported by participant</p> <p>Bicycle not in good working order</p> <p>Inappropriate clothing</p> <p>Inappropriate footwear</p> <p>Visibility of group</p> <p>Injury/illness during ride</p> <p>Bicycle develops a mechanical fault during ride</p>	<p>Participants</p> <p>Ride leader</p>	<p>These points to be covered in the health and safety declaration.</p> <p>All participants declare themselves experienced cyclists and therefore should be competent to manage these risks and to ensure their bike is in good working order.</p> <p>Emergency contact details of participants will be retained by the ride leader.</p> <p>Injury / illness during ride procedures:</p> <ul style="list-style-type: none"> • Participant to report issue to the leader • Ride to stop – all participants to stop • Discussion between ride leader and cyclist to agree what action to take • Call emergency services if needed • Escort cyclist home by public transport, taxi, walking or on bicycle if participant is fit enough to cycle • Cyclist to go home by self if so wishes 	<p>Ride leader to carry mobile phone.</p> <p>Encourage participants to carry ICE bracelet or similar.</p> <p>Ride leader to appoint backstop and count group periodically e.g. every 2 miles, at key road junctions/turns.</p>

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General safety on every ride (continued)			Puncture, bicycle fault or mechanical breakdown during ride procedures: <ul style="list-style-type: none"> • Participant to report problem to the ride leader • Ride to stop – all participants to stop • Discussion between ride leader and cyclist to agree what action to take • Cyclists to self-assess whether their bike can be fixed. Once fixed, cyclist to self-assess whether it is safe to continue cycling their bicycle on the ride route. • If unsafe to ride, cyclist to decide whether to walk home with their bicycle, or lock bicycle up and return to collect it later. 	

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Cycle route	<p>Busy roads and junctions.</p> <p>Uneven tracks or road surface, slippery road surface, pot holes, drain covers, mud, oil, debris.</p>	<p>Participants</p> <p>Ride leader</p> <p>Other road users</p> <p>Pedestrians</p>	<p>Cyclists to self-assess their capability to deal with the hazards listed and the planned cycle ride duration– they are all experienced cyclists and have cycled in traffic before.</p> <p>Participants to ensure they are familiar with the Highway Code and rules for cyclists.</p> <p>Road safety rules to be adhered to with extra time taken to navigate busy roads and junctions to ensure time for all participants to cycle safely. Very busy roads avoided where possible.</p> <p>Use minor roads, cycle lanes, off-road cycle routes where appropriate/available.</p> <p>Ride leader and participants to alert each other to issues, such as, potholes, debris on the road etc.</p> <p>Briefing at the start of the ride to remind participants of the likely hazards including traffic conditions along the route.</p> <p>Ride to be completed in daylight and avoiding adverse weather conditions, snow, ice, flooding.</p> <p>Cyclists to self-assess that their bicycle is appropriate to a specific ride route.</p>	<p>Ride leader to cycle the ride route in advance and pre-check the route close to the day of the ride.</p> <p>Contingency plan if route is blocked or particularly busy, for example, walk bicycles along a short section of pavement, cut ride short, detour onto a different route for a short while.</p> <p>Procedure for re-grouping is ride leader to slow down if safe to do so, and/or stop in a safe place until Group is back together.</p>

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Cycle route (continued)			<p>Ongoing assessment of conditions by the ride leader including seeking feedback from participants.</p> <p>Ability of the slowest /least able to set the ride intensity/speed.</p>	

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Other road users	All traffic, including other cyclists, pedestrians, runners etc.	Ride leader Participants Other road users Pedestrians	Participants to ensure they are familiar with the Highway Code and rules for cyclists. Participants to be aware of, and considerate of, other road users, and to give early warning of manoeuvres with appropriate hand signals. Participants to give way to other road users where appropriate and safe to do so. Use minor roads, cycle lanes, off road cycle routes where appropriate/available. Participants to take personal responsibility for their own safety and the safety of others when cycling in traffic. Ride leader to remind participants in the briefing before each ride.	

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Weather	<p>Freezing conditions and very wet conditions</p> <p>Very high temperatures</p> <p>Lightening</p>	<p>Participants</p> <p>Ride leader</p>	<p>Ride to be completed in daylight.</p> <p>An assessment will be made the day before and first thing on the morning of the ride and the ride cancelled, as necessary, to avoid adverse weather conditions – snow, heavy frost, flooding, lightening, extreme heat. Late notifications will be sent by WhatsApp.</p> <p>Cyclists to take personal responsibility to assess conditions and to ensure that they are comfortable and confident to ride in them. Cyclists should dress appropriately for the conditions, use sun-cream, if required, and carry water.</p>	<p>Abandon ride and return to start or directly home if conditions deteriorate.</p>

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Animals	Presence and behaviour of animals and their owners, dogs running loose or on extending leads, horses etc.	Ride leader Participants Animals	Respect all other users of the route – and give way. When overtaking, participants to give dogs and their owners, horses etc as wide a berth as possible. If in doubt slow down, walk your bicycle or stop if you think an animal is creating a hazard or it is not safe to overtake.	Group procedure for re-grouping is ride leader to slow down or stop at a safe point until Group is back together
Members of public	Walkers, runners and other cyclists on off-road and shared cycle tracks	Ride leader Participants Members of the public	Be courteous and give way and priority to other off-road track users – e.g. cycle in single file, stop and walk until safe to overtake. Participants to give other users as wide a berth as possible when overtaking, and to ensure it is safe to do so.	Ride leader to ring their bell to alert members of the public of the Group's presence or decide to stop the cycle group if the route is very busy and to wait until safe to proceed