

Risk Assessment: Road Club Run

Malvern Cycle Sport

Title: Road Club Run	Assessment Date: 30/07/2019	Risk Assessor: Matt Nixon
Reference: Road/002	Others involved: Rich Bryant, Justin Dawkins, Cameron James	
Activities: Sunday A/B/C road ride, Saturday social, Ad hoc		People at risk: Club members, Members of the public

Riders	Estimated Number: 12	Ability: All	Age: 14+
Route	Approximate length: 40 km (C) to 100 km (A/B)		Approximate height gain: 400 m (C) to 1000 (A/B)
	Other users: Road users, Pedestrians, Horses		
	Route: Various loops from Malvern. Typically flat or undulating for routes east or south of start point; undulating or hilly for rides north and west of start point. See website for further details.		

Hazard:	Fall from bike due to road surface or obstacles
Control measures:	
<ul style="list-style-type: none">• Tried and tested routes planned by experienced riders• Ensure all riders wear a helmet• Recommend the wearing of gloves• Point riders towards guidance on club website (Etiquette – Road: https://malverncyclesport.org.uk/riding/etiquette/), especially calls and hand signals• Avoid roads where resurfacing with loose chippings has recently taken place if possible, or reduce pace• Consider riding at the front of group on descents to control speed of group	

Hazard:	Collision between riders
Control measures:	
<ul style="list-style-type: none">• Follow group-riding guidance on club website (Etiquette – Road: https://malverncyclesport.org.uk/riding/etiquette/)• Monitor space between riders and give advice while riding, especially regarding overlapping wheels and when descending• Monitor riders and give guidance on safe braking technique if necessary	

Hazard:	Collisions between rider and other road-user
Control measures:	
<ul style="list-style-type: none"> • Limit amount of time spent on busy main roads • Point riders towards guidance on club website (Etiquette – Road: https://malverncyclesport.org.uk/riding/etiquette/), especially calls, hand signals and other road-users • Advise riders if lights will be needed • Monitor riding styles and give advice while riding 	

Hazard:	Accident caused by animals
Control measures:	
<ul style="list-style-type: none"> • Slow down for horses • Be alert to domesticated animals and slow down if necessary; especially across Castlemorton Common • Riders at the front to be alert to wild animals and call warnings through the group • Avoid sudden movements and harsh braking 	

Hazard:	Accident caused by mechanical fault or puncture
Control measures:	
<ul style="list-style-type: none"> • Standard disclaimer in ride promotion (see below) • Riders asked to check bikes before ride commences • Monitor riders and be alert to common faults • Pre-empt problems by stopping the ride and dealing with fault if possible • Arrange for riders to leave the ride if a significant fault cannot be fixed on the roadside • Point riders towards guidance on club website (Etiquette – MTB: https://malverncyclesport.org.uk/riding/etiquette-mtb/) 	

Hazard:	Delay caused by mechanical fault or puncture
Control measures:	
<ul style="list-style-type: none"> • Standard disclaimer in ride promotion (see below) • Riders asked to check bikes before ride commences • Monitor riders and be alert to common faults • Pre-empt problems by stopping the ride and dealing with fault if possible • Recommend and carry clothing appropriate for the conditions and possible delays 	

Hazard:	Medical emergency
Control measures:	
<ul style="list-style-type: none"> • Riders asked to disclose any pre-existing medical conditions • Riders carry membership card with ICE details • Riders advised to carry a First Aid kit • Ride leader carries a mobile phone 	

Hazard:	Dehydration and hyperthermia
Control measures:	
<ul style="list-style-type: none"> • Riders carry sufficient drink • Check weather forecast prior to leaving • If appropriate, warn riders that it will be warm • Consider shortening route if very hot 	

Hazard:	Inclement weather
Control measures:	
<ul style="list-style-type: none"> • Check weather forecast prior to leaving • Consider cancelling ride if rain very likely • Consider cancelling ride if strong winds likely • Be alert to the likelihood of fallen trees / branches after windy weather 	

Hazard:	Group separates
Control measures:	
<ul style="list-style-type: none"> • Maintain regular contact with the group • Carry out a head-count at key navigational points • Appoint an assistant, experienced club member, when group size reaches 10 • Slow pace if necessary • Talk to particularly fast individuals about other options for club rides with a higher pace • If a rider wishes to leave the ride they must inform the ride leader 	

Hazard:	Rider fatigue
Control measures:	
<ul style="list-style-type: none"> • Ride promotion states intended distance, pace, any café stops and whether the ride is flat, undulating or hilly • Riders carry sufficient food and drink • If a rider wishes to leave the ride they must inform the ride leader 	

Hazard:	Navigational error
Control measures:	
<ul style="list-style-type: none"> • Plan a route based on known roads • If lost, retrace steps to last known point 	

Hazard:	Young and inexperienced riders
Control measures:	
<ul style="list-style-type: none"> • All riders must be competent at a level equivalent to the Level 2 Cycle Training Standards • Ensure club has a signed parental consent form for riders under the age of 18, unless riding with parent • Ensure someone takes responsibility for riders under the age of 18, using someone with a DBS check if possible • Ensure riders under the age of 18 are not left alone during the session 	

Incident Reporting:

- In the event of a significant incident or significant near miss, the Ride Leader should complete the incident reporting form and present this to the Risk Assessor. This should be considered, and any action required discussed, agreed and taken. The Risk Assessment will then be updated if appropriate.
- We welcome feedback on our rides, and as well as knowing what goes well, Ride Leaders welcome riders raising thoughts or concerns that could improve the risk assessment.
- All riders are asked to carry their membership card with ICE details on all rides.
- All riders are asked to read and understand information about insurance on the club website (<https://malverncyclesport.org.uk/about-us/insurance/>)

Standard disclaimer (road)

Riders must be aware that cycling is an activity that carries an element of risk, and that it is their responsibility to decide if they are capable of joining the ride. Bikes must be in a safe working condition and helmets must be worn. Riders should make their own choice about clothing based on the conditions and forecast. It is recommended that riders carry a First Aid kit, especially if they have received training. Admin and event hosts cannot be held responsible for riders' safety.