

Risk Assessment: RELIABILITY RIDES

Malvern Cycle Sport

Title: Reliability Rides	Assessment Date: 01/11/2021	Risk Assessor: Steve Fahey
Reference:	Others involved: Brian Philpotts	
	People at risk: Club members, Entrants, Members of the public	

Riders	Estimated Number:	Ability: All	Age: 12+
Route	Approximate length: 17 miles, 30 miles, 50 miles		
	Other users: Road users, Pedestrians, Horses		
	Route: There will be three choices of route and distance, with the classic hilly 50 miler a slightly less demanding, but hilly 30 and a 17 mile easy ride introductory ride for cyclists who are looking to increase their confidence of riding with others on the road. We are also happy to welcome junior riders too, provided they are accompanied by their parents or guardian.		

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 • Remind riders to ride with due care and attention to road conditions 	

Hazard:	Collisions between rider and other road-user
Control measures:	

- Riders set off in groups of 15 at intervals of 3 minutes to avoid large groups on the road
- Advise riders to be considerate to other riders and road users and where appropriate use calls, hand signals
- Advise riders if lights will be needed
- Remind riders it is not a closed road ride and road law applies

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 of a group 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"> • Riders asked to check bikes before ride commences and ensure their bike is in working order 	

Hazard:	Medical emergency
Control measures:	
<ul style="list-style-type: none"> • Riders asked to disclose any pre-existing medical conditions • Riders to disclose their ICE details at point of registration pre-ride. • Riders carry mobile phones 	

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

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:	Lost Riders
Control measures:	
<ul style="list-style-type: none"> • All riders sign on at the start of the ride and must sign out upon completing their ride. <ul style="list-style-type: none"> • The 50 & 30 mile routes will be signed with arrows to aid with navigation. • GPS files have been posted ahead of the ride on the MCS Public Facebook site to aid navigation. 	

Hazard:	Rider fatigue
Control measures:	
<ul style="list-style-type: none"> • Ride promotion states intended distance whether the ride is flat, undulating or hilly. • Riders are responsible for carrying sufficient fluids and food for the ride. There are no water or feed stops on the route 	

Hazard:	Young Riders
Control measures:	
<ul style="list-style-type: none"> • Junior riders must be accompanied by parents/guardians 	

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. Admin and event hosts cannot be held responsible for riders' safety.