



Cycle Seahaven (CSH) Generic Risk Assessment - Rides 2019

Risk Assessment Introduction

It goes without saying that looking out for one and other is very important and lies central to the ethos of Cycle Seahaven. In order to comply with the requirements of the Club's insurance with Cycling UK we have to carry out a Risk Assessment of our rides.

Every time we ride our bikes we are exposing ourselves to various risks, the Risk Assessment helps us to focus our minds on these risks and hopefully help to reduce them. It is not expected that we can club eliminate all risk, but we are required to protect people as far as is 'reasonably practicable'.

Most of the things contained in this document are things that we already do or what you would consider to be common sense, however there may be things that you might never have considered.

An important Control Measure to the risks of cycling on Club rides, is to ensure that both cyclists and their bicycles are correctly prepared for the ride. **As such it is assumed that members will have seen and follow the advice contained within the 'Preparation for a Ride' and the 'Bike Safety' section under the 'Advice and Resources' part of the main web page.**

Whilst riding it is advisable to be aware of the guidance contained in the 'Cycling Safely: Ride Rules and Etiquette' under the 'About Our Club Rides' section.

What is a Risk Assessment?

This Risk Assessment is a careful examination of what, in our cycling activities, presents a hazard and could cause harm to people. Once a hazard has been identified it is then a matter of assessing what the risk is in relation to that hazard. The risks are graded LOW, MEDIUM and HIGH.

HAZARD = something with the potential to cause harm.

CONTROL MEASURES = what the club is already doing to control a hazard.

RISK = the chance, low, medium or high, of that hazard causing harm.

Once the existing control measures have been implemented you are then left with the residual risk (or the risk could have been completely eliminated). It may be necessary to introduce further controls if any risks are unacceptably high.

The Risk Assessment will be reviewed on a regular basis to assess a number of things e.g. are the existing control measures working, have any new hazards been identified, have any existing hazards been eliminated.



Duties of Care

- If you are a **Committee Member**, you must implement, discharge, communicate and review the club's safety policy, risk assessments, training requirements etc.
- If you are a **Ride Leader**, you have agreed to lead a ride and you must take reasonable measures to see that the ride is as safe as it can be.
- It is also important to note that individual **Riders/Members of the Club** have a duty of care not only to themselves but to members of the public and to the persons with whom they are riding. i.e. The duty of care requires you to consider the consequences of your acts and omissions and to ensure that those acts and/or omissions do not give rise to a foreseeable risk of injury to any other person.

In Summary

Reading this you may be thinking 'this is scary I am never going out on my bike again'. However, as stated earlier, most of this is common sense and is action that we already undertake. The key word in all of this is **REASONABLE**.

- ✓ Clearly, one is not expected to guarantee the safety of others, merely to act reasonably.
- ✓ Importantly, please **respect the Ride Leaders**. Without them, club rides would not be possible. Listen to the briefings, pay attention whilst on the ride and feel free to contribute to the end of ride debrief.
- ✓ All riders are reminded that they are responsible for their own safety, individuals take part in any group activities at their own risk. We strongly urge all riders to obtain appropriate 3rd party insurance as a minimum.

It should be noted that no liability shall be attached to the Cycle Seahaven (including its officials and members) and the Cycle Seahaven (including its officials and members) for any injury, loss or damage suffered.

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Duty of care owned by	Hazard and Risk	Who is at Risk	Existing Controls	Residual Risk With Controls	Further Controls Needed Y/N	What	By Who	By When
Rider	Equipment: Bike in unsafe condition and causing rider to have an accident.	Rider and Public	CSH Website gives Information for Riders . <ul style="list-style-type: none"> Cycles must be legal and roadworthy if using highway. Riders advised to inspect their cycle prior to each ride paying particular attention to brakes, frame, steering, pedals / cleats, wheels and tyres. 	L	N			
Rider	Equipment: Breakdown causing rider to be stranded	Rider and Public	Information for Riders section recommends that each rider to carry minimum tool kit comprising; <ul style="list-style-type: none"> Method of tyre inflation. At least one spare inner tube (recommended two). Two/three tyre levers. Multi-tool inc allen keys. Mobile phone / money for phone for cycle/rider recovery arrangements 	L	Y	Can be included to ride descriptors when adding rides to the calendar.	Ride Leader	Each Ride
Rider and Ride Leader	Equipment: Clothing – visibility, comfort and safety	Rider	<ul style="list-style-type: none"> Riders to assess weather conditions and forecast and dress / prepare appropriately. Cycling helmet use is mandatory on all CSH Rides Recommend high visibility clothing / jackets. Recommend the wearing of suitable eye protection 	L	Y	Local and Met Office weather forecast to be accessible via a link from CSH website	Webmaster (Committee)	
Rider (Ride Leaders for Radios)	Incident Causing Rider to be Stranded.	Rider	<ul style="list-style-type: none"> Riders to have ICE numbers either in telephone or about their person Riders to be familiar with route and be aware of where they are at all times. Off road ride Leaders to consider use of radios. Riders to have a get home plan for the event of a major mechanical failure 	L	N			

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Rider	Issues arising from lack of hydration / nutrition	Rider	<ul style="list-style-type: none"> Riders to ensure they know the distance of ride prior to attending meet point. Riders have responsibility for ensuring that they carry sufficient food / drink for duration of ride Carry money to purchase food / drink 	L	N			
Rider	Health	Rider	<ul style="list-style-type: none"> Riders to ensure they are aware of the distance / pace of the ride to be undertaken and are of a sufficient level of fitness to complete the ride. Riders should not start any ride if they are feeling unwell or do not think they are able to complete it. If during a ride the rider becomes unwell, to inform the Ride Leader immediately. 	L	N			
Riders and Ride Leaders	Group Size / Traffic Issues	Rider and Public	<ul style="list-style-type: none"> Group to be split at Ride Leaders discretion and according to availability of Assistant Ride Leaders. Any riders new to a club ride should identify themselves to the Ride Leader and consideration should be given to allocating a chaperone / mentor. Listen to advice / safety instructions given by the Ride Leader. 	L	Y	Safety advice given as part of briefing or dynamically on ride. Ride Leader Training	Ride Leader Committee	Dynamically during ride On Ride Leader assessments



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New Riders / Guest	Unknown riding ability of Rider	Rider and Public	Any guest / new rider must introduce him / herself to the Ride Leader (Guests and New members should contact the Ride Leader in advance).	M	Y	Acknowledgement of RA to be included on the renewal/joining T & C's	Membership Secretary.	No timescale
			Guest / new rider must be conversant with this risk assessment and acknowledge this document before becoming a member.		Y	Ride Leader to complete Guest Registration Form before ride commences.	Ride Leader	Before each ride
Ride Leader	Riders unaware of hazards on route	Rider	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 refreshment stops. • Check of presence of new members or guests • Any known route hazards, diversions or other considerations. • Terrain Hazards eg difficult section according to Ride Grading. • Any issue relevant to the weather. 	L	Y	Acknowledgement of RA to be included on the renewal/joining T & C's	Membership Secretary.	No timescale
Riders	Collision / Accident: each other	Rider	All riders to read the Cycling Safely section on the Club's website especially the "Ride Rules and Etiquette" <ul style="list-style-type: none"> • Where appropriate allow a reasonable to distance to the rider in front, thereby facilitating avoidance/braking. • When negotiating unforeseen conditions (such as potholes) riders should be aware that their actions impact on others 	L	Y			Dynamically during ride



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Riders & Public	Collision / Accident: motor vehicle, other road users	Rider and Public	<p>It is CSH policy that Riders will conform to the Road Traffic Act and follow the advice of the Highway Code at ALL times.</p> <ul style="list-style-type: none"> Riders will obey all traffic signals and signs. Consider using person(s) at strategic points to warn oncoming traffic of any obstruction. Riders to warn of approaching vehicles using known calls. Accident trend monitoring by CSH Committee 	M	Y	All accidents to be reported as per the Road Traffic Act and to the Committee. An accident report submitted detailing the circumstance Report all near misses.	Ride Leaders and Committee	
Riders & Ride Leaders	Accident: falling off	Rider	<ul style="list-style-type: none"> Pay close attention to the trail /road surface at all times and dynamically risk assess any changes identified. e.g. consider dismounting and walking bike through hazard. Be aware of any <u>calls / warnings</u> 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. Riders to read the Cycling Safety sections listed under Advice and Resources on the CSH Website 	L	Y	Consideration is given to cancelling club ride if the route if weather is adverse and publicise via website and social media.	Ride Leaders	
Riders	3rd Party Claim: Arising From Accident / Mishap – financial loss	Rider Public	CSH recommends that all of its members are covered for 3rd party claims via an appropriate insurance policy e.g. Cycling UK / British Cycling.	No Risk	N			

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Riders	Passing horses	Rider and Public	On approach to a ridden horse, follow the guidance given on passing horses CSH Guidance on Horses can be found by clicking here .	L	N	-	-	
Riders and Ride Leader	Improving feedback and safety.		<ul style="list-style-type: none"> The Ride Leader should consider if it's necessary to conduct a post ride debrief. Riders are encouraged to raise any issues or concerns and just as importantly to talk about things that have gone well. In addition any accidents, near misses and anything else of note must be brought to the attention of the Ride Leader if it hasn't already been done. 		Y	Report to the Committee any matters arising from the ride. If any rider is not comfortable doing this in front of others, then please approach a committee member/club official privately in person, or via official email channels.	Ride Leader	

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Compiled by Dave Sutton 2018

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