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**GODRIC  
CYCLING  
CLUB**



## **Godric CC Club Ride Risk Assessment.**

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**Version** 1.0

### ***INTRODUCTION***

Fundamentally our club rides should be fun and enjoyable, nevertheless, we all have a responsibility to ensure that club riders are not exposed to a foreseeable risk of injury, as far as is reasonably practicable.

Godric CC have carried out this risk assessment for club rides as part of our duty of care to our members and in line with the requirements of our insurance through BCC and CUK. This insurance only covers the club, its officials when undertaking club instructions and non-member riders invited to take part in a ride (limited to 3 occasions).

Being a member of Godric CC **does not provide any individual rider insurance cover** and it is recommended that individual members have their own insurance.



## Club Ride Risk Assessment

	Hazard	People at risk	Level of risk	Control Measure	Residual risk	Person responsible
1	Accident due to cycle component failure	Rider	M	<p>Rider to carry out pre-ride check to ensure their equipment is legal, roadworthy and suitable for the length and duration of the club ride.</p> <p>Pre-ride checks, as a minimum, should include a condition check of;</p> <ul style="list-style-type: none"> <li>• Brake linings, braking surfaces and cables/hoses,</li> <li>• Brake operation,</li> <li>• Tyre surface and pressures,</li> <li>• Frame and forks,</li> <li>• Steering, and</li> <li>• Pedals/cleats.</li> </ul>	L	Rider
2	Equipment breakdown preventing onward travel	Rider	L	<p>Riders should aim to be self-sufficient in terms of in ride cycle repair and/or recovery. Ideally riders should carry a tool kit comprising as a minimum;</p> <ul style="list-style-type: none"> <li>• Puncture repair: at least 1 inner tube (2 recommended), and tyre levers OR suitable repair kit for tubeless tyres,</li> <li>• Tube/tyre inflation method,</li> <li>• Multi-tool, and</li> <li>• Mobile phone and contact details for other riders.</li> </ul> <p>Riders are encouraged to stop and help other riders who experience mechanical issues during the ride.</p>	L	Rider

	Hazard	People at risk	Level of risk	Control Measure	Residual risk	Person responsible
3	Inappropriate clothing.  Cold or Heat related injury	Rider	M	Prior to leaving home all riders should review the weather forecast over the duration and location of the ride and dress appropriately.	L	Rider
4	Level of fitness	Rider	L	Our policy is not to drop any riders and all are welcome.  Nevertheless, riders should consider their level of health and fitness before starting a ride. The route, its elevation and other conditions will be discussed at the meeting point prior to starting. The rides range between 30-60+ miles with one café stop for refreshments around the halfway point. The speed typically ranges from 14-16 MPH. When sufficient members are present a faster group (17/18 MPH) may depart separately.  Riders are responsible for ensuring that they have sufficient food/drink/energy supplements for the duration of the ride.	L	
5	Hazardous riding conditions due to weather	Rider  Ride Leader  Committee	M	Ahead of any club ride, the ride leader/committee will review the weather forecast and cancel the club ride if appropriate. Riders should monitor social media and the Club website during adverse weather conditions.	M	Rider  Ride Leader  Committee
6	Obstruction to other road users	Riders	M	When assembling for a group ride or stopping mid ride, riders must; <ul style="list-style-type: none"> <li>Avoid blocking roads and/or the pavement,</li> </ul>	L	Riders

	Hazard	People at risk	Level of risk	Control Measure	Residual risk	Person responsible
				<ul style="list-style-type: none"> <li>• Avoid blocking clear line of sight for other road users at or near junctions,</li> <li>• Avoid stopping/re-grouping on junctions. Find a safe place off the highway, and</li> <li>• Avoid stopping in private gateways and driveways.</li> </ul>		
7	Collision and/or accident with another rider or vehicle.	Riders	H	<p>Ride leader or route organiser should;</p> <ul style="list-style-type: none"> <li>• Limit time on busy main roads, and</li> <li>• Monitor riders riding style and where considered dangerous to other provide guidance.</li> </ul> <p>Riders must;</p> <ul style="list-style-type: none"> <li>• Be observant and aware of the riders around them,</li> <li>• When riding 2 abreast be aware of the need to provide space for the inside rider to avoid potholes. Maintain an even speed,</li> <li>• Ride smoothly and avoid sudden changes of direction and changes in speed,</li> <li>• Indicate changes in road surface and/or obstructions using the appropriate hand signals or call out. Riders to be conversant with calls and hand signals,</li> <li>• When riding close (drafting) only do so within the limits of your experience/ability,</li> <li>• Avoid overlapping your front wheel with the rear wheel ahead,</li> <li>• Ride within your ability. Less experienced riders should leave larger gaps between other riders, and</li> <li>• Be prepared to react to a rider having a mechanical failure</li> </ul>	M	Ride Leader and Riders

	Hazard	People at risk	Level of risk	Control Measure	Residual risk	Person responsible
				ahead.		
8	Confrontation with other vehicles users (Road Rage).	Rider and public	L	<p>Riders should avoid engaging in confrontation with other road users. Should a confrontation occur the rider must refrain from engaging verbally and remove themselves from the situation.</p> <p>When a motorist has been caught behind a group of riders for a while and where safe to do so, riders should pull over to let the motorist pass to avoid frustration which could lead to confrontational driving.</p> <p>When appropriate, the Ride Leader should consider introducing gaps between the riders to allow vehicles to overtake safely.</p>	L	Rider and Ride leader
9	Rider falling from cycle	Rider	L	<p>Riders should;</p> <ul style="list-style-type: none"> <li>• Always ride within their ability and limitations of their cycle,</li> <li>• Ride according to the road conditions particularly in the wet, cold spells or where gravel collects on bends,</li> <li>• Watch and listen for warnings from other riders relating to the road surface and obstructions within the road,</li> <li>• Avoid braking sharply and sudden changes of direction,</li> <li>• Be aware of other riders within their vicinity,</li> <li>• Wear an approved safety helmet, and</li> <li>• Gloves are recommended.</li> </ul>	L	Rider

	Hazard	People at risk	Level of risk	Control Measure	Residual risk	Person responsible
10	Horses, other cyclists and pedestrians	Riders and public	M	<p>When approaching a horse, the club rider should;</p> <ul style="list-style-type: none"> <li>○ Slow down and call out to alert the horse rider of our presence,</li> <li>○ Wait for the horse rider to confirm it is safe to pass before passing slow and wide, and</li> <li>○ Cover flashing front lights if approaching the horse from the front.</li> </ul> <p>When using shared paths/cycleways riders should;</p> <ul style="list-style-type: none"> <li>○ Be aware of slower moving adults and children,</li> <li>○ Reduce speed,</li> <li>○ Be aware of dogs on extending or off leads, and</li> <li>○ Use a bell or be vocal to alert others when approaching from behind.</li> </ul>	L	Riders