



## Stowmarket & District Cycle Club (SDCC) Generic Risk Assessment Road Rides 2020

### SDCC Risk Assessment Introduction

It goes without saying that looking out for one and other is very important and lies central to the ethos of SDCC. 'We never leave a rider behind' is a positive statement of what the club is about. Some of the things contained in this document are things that we already do or what you would consider to be common sense. There will be things as well that you may never have considered. The club does suggest members join **British Cycling** as this will ensure 3rd party insurance for the individual rider.

We apply common sense to our rides.

In order to comply with the requirements of the club's insurance with British Cycling all of these things have to be formalised into what is known as a 'Risk Assessment'. A Risk Assessment is an important step in protecting both our members and our Club as a whole. Every time we ride our bikes we are exposing ourselves to various risks and the Risk Assessment helps us to focus our minds on these risks and hopefully help to reduce them. As previously stated the club is required to have in place a Risk Assessment in order to manage and hopefully reduce or even eliminate the risks. It is not expected that the club eliminates all risk, but we are required to protect people as far as is 'reasonably practicable'.

### What is a Risk Assessment?

HAZARD = something with the potential to cause harm

RISK = the chance, great or small, of coming into contact with that hazard This Risk Assessment is a careful examination of what, in our sport, 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. A grid system is then used to combine the two and give a graded level of risk LOW, MEDIUM, HIGH. When that has been done the next stage is to think of ways to reduce

/ eliminate that risk. These are the control measures. Once the control measures have been implemented you are then left with the residual risk (or the risk could have been completely eliminated). The Risk Assessment can then 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**

As a Committee Member/Ride Leader you accepted the responsibility of leading others. You owe them a duty of care to ensure that they are not exposed to a foreseeable risk of injury, as far as you reasonably can. If you accept a position, you are likely to agree to carry out certain functions, which may affect the safety of others both inside and outside the club. You are accepting responsibility and you must fulfil those duties to the best of your ability without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury, which exists or arises.

For example:

- If you are a Committee Member, you must implement, discharge, communicate and review the club's safety policy, risk assessments, training requirements, and you must take reasonable measures to see that the ride is as safe as it can be.
- 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 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.

However, as stated earlier, most of this is common sense and is an 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 lead rider and the riders with experience within your group who may offer advice to you and support the rides. Without them, club rides would not be possible. Listen to the briefings, pay attention whilst on the road and feel free to contribute to the end of ride debrief.

Please read on and make yourself familiar with the contents of this document and refer to the document on riding in a group safely.

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 Stowmarket & District Cycle Club (including its officials and members) and the Stowmarket & District Cycle Club (including its officials and members) for any injury, loss or damage suffered.

If you have any questions/comments/ideas do not hesitate to contact a member of the committee or a nominated club official.

**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 Stowmarket & District Cycling Club (officials and members) and Stowmarket & District (including its officials and members) for any injury, loss or damage suffered.**

Risk Assessment: Club Ride Location: All Stowmarket & District Cycle Club Official rides/routes  
Completed by: Paul Moss  
Date Completed: December 2020  
Other relevant Risk Assessment: NONE  
Next Review Date: June 2021  
Signed Off Date:

## Risk Assessment

Activity	Hazard	Who is at risk	Level (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	what	Person Responsible
1. Pre- Ride	Equipment: Conditions, accidents	Rider	L	<ul style="list-style-type: none"> <li>Cycles must be legal and roadworthy</li> <li>Riders to carry out pre-ride checks, brakes, frame, steering, pedals/cleats, wheels &amp; tyres</li> <li>Tri-bars are not permitted on ANY club ride</li> <li>Bar end plugs MUST be present</li> </ul>	L	N		Rider
2. Pre- Ride	Equipment: Breakdown, Stranded	Rider & Public	M	<p>It is suggested that each rider to carry minimum tool kit comprising:</p> <ul style="list-style-type: none"> <li>Method of inflating tyre/inner tube</li> <li>At least one inner tube (2 recommended)</li> <li>Two/Three tyre levers</li> <li>Multi Tool with Chain splitter and Chain links.</li> <li>Mobile phone and money/cash card</li> <li>Contact Details of Ride Leader.</li> </ul>	L	N		Rider
3. Pre- Ride	Equipment: Clothing- Visibility, Comfort and safety	Rider	M	<ul style="list-style-type: none"> <li>Riders to assess weather and dress appropriately</li> <li>Waterproof jacket/gilet to be carried when needed</li> <li>Recommended high visibility clothing/jacket</li> <li>Strongly recommended that Riders wear approved safety helmets, these should not of been involved in a crash impact and to be changed at manufactures recommended intervals.</li> <li>Recommend the wearing of eye protection</li> <li>Mudguards are recommended during the winter months</li> <li>If riding at night ensure both front and rear lights have sufficient battery life for the ride and conform to BS6102/3 or equivalent EC standard.</li> </ul>	L	Y	Met Office weather forecast	Rider
4. Pre- Ride	Equipment: Communication, stranded	Rider	L	<ul style="list-style-type: none"> <li>Mobile phone or money for public phone to be carried</li> <li>Riders to have ICE numbers either in the phone or on person/visible or on rear Left hand pocket</li> <li>Riders to be familiar with route and be aware of where they are at all times</li> </ul>	No Risk	N	Route details will be available on SDCC social media in advance.	Rider

Activity	Hazard	Who is at risk	Level (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	what	Person Responsible
5. Pre- Ride	Equipment: Food/Drink	Riders	L	<ul style="list-style-type: none"> <li>Familiarise yourself with distance of ride prior to attending meeting point</li> <li>Riders responsibility to ensure they carry enough food/drink/energy gels for duration of ride</li> <li>Carry money to purchase food/drink</li> </ul>	No Risk	Y	Briefing, giving length of ride distance and any stops See point 9	Ride Leader Riders
6. Pre- Ride	Preparation: Health	Rider	M	<ul style="list-style-type: none"> <li>Riders to ensure they are aware of the distance/pace of the ride and are of sufficient level of fitness to complete ride</li> <li>Do not start any ride if you feeling unwell or you are not able to complete it.</li> <li>Ensure any specific medication is taken on rides or any other first aid deemed necessary.</li> <li>If during the ride you feel unwell, inform the ride Leader immediately</li> </ul>	L	N	See point 4 and 5	Rider
7. Pre- ride	Group size/ Riders experience: Accident, traffic problems	Riders and Public	L	<ul style="list-style-type: none"> <li>Group to be split at ride Leader discretion</li> <li>Groups should be split according to ability and speed</li> <li>Any new riders should identify themselves to the ride Leader and consideration should be given to allocating a 'ride buddy'</li> <li>Be familiar with the Highway Code (Rules 59 to 82) and particular advice on where/when to ride two abreast or single file (rule 66). Always follow any instruction given by ride Leader</li> </ul>	L	Y	If ride Leader not available, ride Leader should be chosen from regular experienced rider within the group	Ride Leader Rider
8. Pre- ride	New/Guest Riders	Riders and Public	M	<ul style="list-style-type: none"> <li>Any guest/new rider must introduce him/herself to the ride Leader</li> <li>Guest/new rider must be conversant with the Risk Assessment and acknowledge this document before participating.</li> <li>Guest must hold a genuine view to join the SDCC.</li> </ul>	M	Y	Consider inviting a competent rider and club member to ride with guest. Rider to teach ride/club protocol during the ride (see also point 7) Establish if ridden as a guest before with SDCC with intention of joining the club and need for own insurance after two rides.	Rider

Activity	Hazard	Who is at risk	Level (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	what	Person Responsible
9. Pre -Ride	Weather	Rider	M	<ul style="list-style-type: none"> <li>Ride secretary and ride Leaders to review weather conditions prior to ride.</li> </ul>	L	N	<p>Consideration is given to adverse weather conditions and cancellation of rides. Cold Weather Policy (CWP) to be enforced if temperature falls to zero overnight and due to remain at +2C at 8am (referenced to Met Office for Stowmarket area) If Wind is shown at gusts of 40mph + between ride start time and 1pm or If CWP conditions are met then rides will be cancelled and notification to members via Website at 2000hrs day before rides.</p>	Rider Ride Secretary Ride Leader
10. Pre- ride	Communication	Rider	M	<p>Ride Leader to undertake a pre-ride briefing for all riders to cover;</p> <ul style="list-style-type: none"> <li>An overview of the route, any stops, likely duration and distance</li> <li>Any known route hazards, diversions or other considerations</li> <li>Any issue relevant to the weather (wind/frost/ice)</li> <li>Check for presence of new members or guests</li> </ul>	L	N		Ride Leader

Activity	Hazard	Who is at risk	Level (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	what	Person Responsible
11. Ride	Accident: Collision/ Each other	Rider	M	<ul style="list-style-type: none"> <li>• Ensure bike is properly maintained</li> <li>• All riders to be conversant with the group ride calls, hand signals and warnings and ensure that these calls are passed along the line</li> <li>• Ride smoothly and consistently, be aware of those around you and do not brake without warning</li> <li>• Concentrate at all times and anticipate changing road conditions</li> <li>• When negotiating unforeseen road conditions (such as potholes) riders should be aware that their actions impact on others</li> <li>• Ride slightly to the side of the wheel in front and with sufficient safe gap if not confident/competent to ride immediately behind the wheel in front</li> <li>• Do not let your front wheel overlap that of the rear wheel of the bike in front</li> <li>• When riding two abreast maintain an even pace and do not speed up when another rider draws level (do not 'half wheel')</li> </ul>	L	Y	<p>Pre ride briefing to be undertaken (point 9 above)</p> <p>New/inexperienced riders to be identified and given ride buddy (experienced rider) where possible</p> <p>Establish rider skills programme and encourage all members to attend</p>	<p>Ride Leader</p> <p>Ride leader/Club Coaches</p> <p>Committee</p>
12. Ride	Accident: Collision	Riders and Public	H	<ul style="list-style-type: none"> <li>• Riders will conform to the Road Traffic Act and follow the Highway code at ALL times</li> <li>• Riders will obey all traffic signals and signs</li> <li>• At times of poor visibility, wear bright clothing and if necessary use cycle lights</li> <li>• All riders to continually assess traffic conditions, driver attitudes and carry out Dynamic Risk Assessments (DRA). E.g get off and walk/use a pedestrian crossing if you have to cross a major road</li> <li>• Should the need to stop arise e.g through puncture, breakdown etc. then a place must be found sufficiently off the road to allow safe passage of traffic</li> <li>• Consider using person(s) at Strategic points to warn oncoming traffic of any</li> </ul>	M	Y	<p>Consideration be given to nominating a ride Leader assistant during any ride to assist with control of the group</p>	<p>Ride Leader</p>

				<p>obstruction.</p> <ul style="list-style-type: none"> <li>Riders to warn of approaching vehicles using known calls</li> </ul>				
13. Ride	Accident: Falling off	Rider	M	<ul style="list-style-type: none"> <li>Pay close attention to the road surface at all times and dynamically risk-assess any changes identified. e.g consider dismounting to cross a ford.</li> <li>Be aware of the calls / warnings in relation to changes in surface such as potholes and use / pay attention to these warnings.</li> <li>Only ride at a speed at which you are competent/confident particularly on descents.</li> <li>Ice on the roads should be brought to the attention of the Ride leader immediately</li> </ul>	L	Y	<p>Should a club ride set off and there be a risk of ice then there should be a continual dynamic risk assessment of the conditions.</p> <p>Consideration should be given to;</p> <ol style="list-style-type: none"> <li>Call ride off</li> <li>Change the route</li> </ol> <p>Stick to main roads if they are clear of ice.</p>	Ride Secretary/ Ride Leader
14. Ride	3rd Party Claim Arising From Accident/ Mishap	Rider	L	<ul style="list-style-type: none"> <li>SDCC Cycling Club strongly recommends that all of its members are covered for 3<sup>rd</sup> party claims via an appropriate insurance policy e.g. British Cycling / Cycling UK</li> </ul>	L	N		Rider
15. Ride	Theft of cycle	Rider	M	<ul style="list-style-type: none"> <li>Always try and ensure that your bike is within your sight during stops.</li> <li>At protracted stops e.g. café, ensure that your bike is locked to an immovable object / other bikes using a good quality /approved lock.</li> <li>Ensure that you have adequate insurance cover in place covering the loss of your bike</li> </ul>	L	Y	<p>If a theft does occur report to the police. Also report matter to the Ride Secretary so that the club have record of location and circumstances for future reference.</p>	Rider  Ride Leader
16. Ride	Stopping	Riders and Public	M	<ul style="list-style-type: none"> <li>Always choose a safe place to stop as a group, and in particular avoid road junctions, bends and other physical road hazards.</li> <li>Warn riders before stopping, and keep the carriageway clear.</li> <li>In the event of punctures, breakdowns etc. clear the carriageway if possible, or ride</li> </ul>	L	N		Rider



				<p>Leader to instruct the group to continue to a safe waiting place.</p> <ul style="list-style-type: none"> <li>Assess the problem and decide whether to hold up the ride or leave the affected rider with helpers and details of the route to the next stop(s).</li> <li>If unsure of the route, stop <b>well before</b> junction to consult map. Check for presence of back marker at junctions. If necessary wait for slower riders <b>beyond</b> the junction.</li> </ul>				
17. Ride	Passing horse	Riders / Horse rider	M	<ul style="list-style-type: none"> <li>On approach to a ridden horse, the lead rider should warn the horse and horse rider by verbal communication that a human(s) are present and behind. Thereafter proceed and pass by slowly.</li> <li>Heed any advice given by horse rider. (Horses can be spooked by bikes, it is essential that the horse hears the human voice before it sees the bike.</li> </ul>	L	N		Rider
18. Ride	Cycle trails	Rider and Public	M	<ul style="list-style-type: none"> <li>Speed should be reduced on trails.</li> <li>Be aware of debris, litter and loose surfaces.</li> <li>When approaching other users, reduce speed and give a warning sound, either mechanical or vocal to warn of your presence.</li> <li>Dog or pet walkers may need extra time to control or distract their animal so give extra time for warning.</li> <li>Wild life is more abundant on these trails and riders should be vigilant.</li> </ul>	L	Y	See points 11,13,16	Rider Ride Leader
19. Ride	Event of accident	Riders	M	<ul style="list-style-type: none"> <li>The group should be moved to a safe position off the road.</li> <li>If required, take reasonable measures to control traffic</li> <li>Administer first aid, if required call 999 for assistance.</li> <li>If injured cyclist is unable to continue, one of the group must stay with that person until assistance arrives.</li> <li>Ride leader to assist any casualty in filling in an accident report form.</li> <li>The committee must be informed after the event and as soon as practical</li> </ul>	L			Ride Leader

Activity	Hazard	Who is at risk	Who is at Risk (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
						Y/N	what	Person Responsible
20. Post-ride				<ul style="list-style-type: none"> <li>At the end of the ride the Ride Leader will conduct a ride debrief.</li> <li>Riders are encouraged to raise any issues or concerns and just as important, to talk about things that have gone well.</li> <li>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.</li> <li>If any rider is not comfortable doing this in front of others then please approach a committee member/club official privately, via official email channels.</li> </ul>			Report to the committee any matters arising from the ride	Ride Leader
21. Rides outside UK				<ul style="list-style-type: none"> <li>Riders to make themselves aware of Local Road regulations.</li> <li>Familiarisation of any hired bikes.</li> <li>Ensure familiar with Foreign Office Health and safety advice on Country visiting.</li> </ul>	L		See points 1 *19	Rider
22. Youth riders				<ul style="list-style-type: none"> <li>Riders aged between 12 and 17 need to make sure they make ride Leaders aware of age and that they are competent rider equivalent to Level two Cycling Training standards and have signed parental consent form</li> </ul>	L		Ride Leader to assign if youth is unaccompanied an experienced rider to ensure they accompany the Youth and ensure consent has been provided.	Rider Ride Leader

