

CYCLING CLUB – RISK ASSESSMENTS 2009 – 10

| Hazard | Risk | Consequence | Likelihood | Risk | Control | Consequence | Likelihood | Residual Risk |
|--|---|-------------|------------|------|---|-------------|------------|---------------|
| Mechanical failure of bike | Crash & personal injury Stranding leading to hypothermia | 4 | 3 | 12 | <ul style="list-style-type: none"> ▪ Experienced members recommend pre- ride checks ▪ Riders to ensure pre-ride checks taken place ▪ A proficient mechanic present on all rides ▪ Activity Leaders to briefly check rider's bikes at meets Unsafe bikes fixed immediately or rider does not participate ▪ Activity Leader ensures appropriate tools and spares carried on ride ▪ EVERY rider carries spare tube ▪ Group carries money for a train/bus/taxi back home ▪ Mobile 'phone with group ▪ 1st aid kit with group ▪ Leader to have knowledge of the university's emergency procedure and to carry the University's Security Services No.. | 4 | 2 | 8 |
| Terrain 1 Comments in blue for XC Riding Downhilling only | Crash & personal injury | 5 | 3 | 15 | <ul style="list-style-type: none"> ▪ Appropriate leadership & group management <i>For road biking this includes single file riding on narrow road or busy roads</i> ▪ Leader agrees set of signals before ride to communicate information about oncoming hazards ▪ Rides chosen with respect to riders abilities & experience ▪ Riders ride within abilities ▪ Good group discipline ▪ Mobile 'phone with group ▪ 1st aid with group ▪ Helmets to be worn AT ALL TIMES ▪ Gloves to be worn at leaders discretion | 4 | 2 | 8 |

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|---|--|---|---|----|--|---|---|---|
| | | | | | <ul style="list-style-type: none"> For downhill the leader needs to know both the route itself and the ability / experience of riders Other safety equipment for downhill, eg. body armour & full face helmet, are at the discretion of leader | | | |
| Terrain 2 XC & Downhill | Remoteness causing stranding leading to possible hypothermia | 5 | 2 | 10 | <ul style="list-style-type: none"> As in Terrain 1 and Carry bivvy bag/space blanket for non-remote rides Carry bivvy bag for remote rides Desirable to have qualified 1st aider on remote ride <p><i>See GPGs for definition of remote rides</i></p> | 3 | 2 | 6 |
| Terrain 3 | Getting lost on unfamiliar ride leading to fatigue & impaired judgement . Crashes leading to personal injury | 5 | 2 | | <ul style="list-style-type: none"> Leader ensures group carries minimum of 1 x map whilst leading unfamiliar route | | | |
| Weather Rain Wind Icy roads & trails | Fatigue & cold impairs judgement Crash leading to personal injury | 5 | 2 | 10 | <ul style="list-style-type: none"> As in Terrain 1 Leader to get weather forecast & advise riders re. kit list Leader checks that all riders have appropriate basic & spare clothing with respect of forecast & trip planned | 5 | 1 | 5 |
| Night | Riding at night – Poor lighting leading to crashes & accidents Getting benighted & being less visible to other traffic leading to accidents | | | | <ul style="list-style-type: none"> Leaders check riders have adequate lights for trip planned If there is possibility of this because of the time of the year or mechanical failure riders to have lights / leaders to carry a spare light as a minimum | | | |
| Group splitting up, riders becoming lost/missing | Individual crashes leading to injury without group support | 5 | 2 | 10 | <ul style="list-style-type: none"> Good leadership Appropriate numbers on ride – see GPGs Stops at appropriate locations to account for party members | 5 | 1 | 5 |

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|---|--|----------|----------|-----------|--|----------|----------|----------|
| <p>Low energy because of fitness level, exhaustion, low blood sugar, dehydration</p> | <p>Low energy impairs judgement Crashes leading to personal injury</p> | <p>5</p> | <p>2</p> | <p>10</p> | <ul style="list-style-type: none"> ▪ As in Terrain 1 ▪ Riders carry food & drink as recommended by leader ▪ Leader carries some emergency rations | <p>5</p> | <p>1</p> | <p>5</p> |
| <p>Pre – existing medical conditions of riders</p> | <p>Medical condition causes deterioration & impaired judgement, possible crash & personal injury. Rest of group delayed & cold</p> | <p>5</p> | <p>2</p> | <p>10</p> | <ul style="list-style-type: none"> ▪ Leaders know of pre-existing medical condition & ride planned accordingly Appropriate safety equipment carried | <p>5</p> | <p>1</p> | <p>5</p> |

These Risk Assessments were reviewed by Max Holliday and the Club Captains, October 2009

Likelihood is on a scale of 1 – 5 with 5 being the highest
Consequence is on a scale of 1 – 5 with 5 being the highest