

# Sid Valley Cycling Club

## Health & Safety Policy

Sid Valley Cycling Club prides itself on being a friendly and welcoming club. One of our primary aims is to ensure the safety of both our riders and other road users.

We try to select routes for our rides which are not only challenging for the rider but also enjoyable and safe for them to ride. However, whilst we attempt to identify likely areas of “increased risk”, it is not possible to eliminate all risks. All club members are required to read our risk assessments, which are reviewed and updated regularly. The committee encourage input from club members.

Unfortunately, weather conditions are beyond our control. In event of adverse weather conditions, the club secretary (or a nominated committee member if the club secretary is away) will make a decision on whether it is safe for any event (including club rides) to proceed and will inform members via social media (on the club's Facebook page and the club members' WhatsApp group). Alternatively, routes may have to be modified at short notice depending road conditions. We encourage club members to help by informing others of any known obstruction e.g. road closures etc. Committee members' contact details are freely available for club members to check if in doubt.

**However, the ultimate responsibility rests with the individual rider, as it is only he/she who can make a decision as to his/her own safety. It is also the rider's decision to adjust their speed according to all road and traffic conditions (paying particular attention to potholes).**

The committee encourage club members to watch out for each other, and include regrouping points on all club rides. Riders should: 1. ensure that they are riding a roadworthy bike, 2. carry the necessary equipment to be self-sufficient in the unlikely event that they become separated from the group, and 3. whilst on a ride, inform other riders of potential dangers.

In the event of a rider becoming unwell during club event or the weather conditions changing adversely, we would ask the rider to inform others, especially if they plan to curtail their involvement. We would also expect club members to offer aid to any rider, member or non-member, when required. It is the responsibility of all club members to carry emergency contact details with them on club events or rides and to make sure the details are accessible to others. New members should provide details to other members.

Therefore, we ask all riders to work with the committee to ensure the safety of all. The committee expect all club members (or non-members riding in any club event) to fully comply with all traffic regulations.

Finally, breaches of any part of this health & safety policy or the related risk assessment policy will be investigated by the committee and may lead to expulsion of the relevant member from the club.

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July 2020