



STANDARD RISK ASSESSMENT – CLUB RIDES



INTRODUCTION

SVCC are required under the terms and conditions of our club insurance to carry out a risk assessment to demonstrate that as far as is 'reasonably practicable' we as an organisation have reviewed and reduced risks associated with our club activities which could result in personal injury and/or a third party claim against the club.

Being a member of SVCC does not provide any individual rider insurance cover and it is recommended that members also take out membership with an organisation such as British Cycling or Cycling UK where membership includes third party insurance and legal cover where applicable. It is however the responsibility of the individual rider to read the terms and conditions of such membership to ensure the insurance cover provided meets their requirements.

Formalising the risk assessment is an important step in protection both our members, the club as a whole and other road users. We expose ourselves to a variety of risks each time we venture out on a club ride and by reviewing this risk assessment we can focus our minds on these risks and how we reduce them.

WHAT IS A RISK ASSESSMENT

A risk assessment is a document that identifies and records a specific risk and assigns a high, medium or low rating based on an assessment of the likelihood and severity of that risk. Control measures, that are put in place to reduce the likelihood and severity of the risk, are then identified and recorded along with an assessment of the residual risk.

Key works used within the document are:

- Hazard - Something with the potential to cause harm.
- Risk - The chance of the hazard occurring.
- Control Measure – Things we can do to reduce the level of Risk.
- Residual Risk – The chance of the hazard occurring following implementation of the Control Measure.

A risk assessment is a live document which is reviewed periodically and where applicable updated with further identified risk and control measures where applicable.

DUTIES OF CARE

We all as committee members, ride leaders and members of SVCC have a responsibility to ensure that club riders are not exposed to a foreseeable risk of injury, as far as is reasonably practicable. We each have a responsibility to the best of our ability to take reasonable steps to deal with any foreseeable risk of injury which exists or arises.

All members of SVCC are encouraged to review and implement the control measures identified within this document. We should also be mindful that we, as a club member, each have a responsibility to look out for the safety and welfare of ourselves, members of the public and other SVCC riders during our club rides.

ID	Activity	Hazard	People at Risk	Level of Risk (H,M,L)	Control Measure	Residual Risk (H,M,L)	Person Responsible	Date Reviewed/ Implemented
1	Pre-Ride	Accident or collision due to cycle component failure	Rider	M	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. Pre-ride checks, as a minimum, should include a condition check of; <ul style="list-style-type: none"> • Brake linings, braking surfaces and cables/hoses, • Brake operation, • Tyre surface and pressures, • Frame and forks, • Steering, and • Pedals/cleats. 	L	Rider	10/07/2020
2	Pre-Ride	Equipment breakdown preventing onward travel	Rider	L	Riders are to be self-sufficient in terms of in ride cycle repair and/or recovery. Riders should carry a tool kit comprising as a minimum; <ul style="list-style-type: none"> • At least 1 inner tube (2 recommended), • Tube inflation method, • Tyre levers and Multi-tool, and • Mobile phone and Contact details for other riders. Riders are encouraged to stop and help other riders who experience mechanical issues during the ride.	L	Rider	10/07/2020
3	Pre-Ride	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. Consideration should be given to the following; <ul style="list-style-type: none"> • Waterproof jackets/gillets, overshoes, • Multiple layers/base layers, • Sun block, and • Spare gloves. 	L	Rider	10/07/2020

ID	Activity	Hazard	People at Risk	Level of Risk (H,M,L)	Control Measure	Residual Risk (H,M,L)	Person Responsible	Date Reviewed/ Implemented
4	Pre-Ride	Injury resulting from impact	Rider	M	Riders to ensure adequate protective equipment is worn. As a minimum recommendation; <ul style="list-style-type: none"> • Approved safety helmets should be worn, • Eye protection is recommended, • High visibility clothing during low visibility, and • Front and rear lighting conforming to the relevant BS or equivalent BSEN standards. 	L	Rider	10/07/2020
5	Pre-Ride	Fatigue related injury	Rider	L	Examples of the ride route are posted in advance of the ride. If in doubt contact the ride organiser or a committee member. Riders shall familiarise themselves with the ride route and terrain and ensure that they have sufficient fitness and are in good health to complete the route. If in doubt do not start the ride. Riders are responsible for ensuring that they have sufficient food/drink/energy supplements for the duration of the ride. Most club rides include a café stop where food and drink can be purchased.	L	Ride Organiser Rider	10/07/2020
6	Pre-Ride	Loss of Wellbeing	Rider	L	Due to number of riders and varying rider ability the club rides often split into groups. We aim not to leave people behind but to avoid becoming stranded and should you need assistance the following is recommended; <ul style="list-style-type: none"> • Ensure you have a mobile phone and contact number for other club members. If you are new to the club and are concerned regarding ride pace speak to the ride leader and or committee member, • Riders should have ICE numbers accessible and/or ensure other riders have numbers for you, and • Talk to a committee member, ride leader or other cyclist should you have any concerns during the ride. 	L	Rider	10/07/2020

ID	Activity	Hazard	People at Risk	Level of Risk (H,M,L)	Control Measure	Residual Risk (H,M,L)	Person Responsible	Date Reviewed/ Implemented
7	Pre-Ride	Hazardous riding conditions due to weather	Rider	L	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 during adverse weather conditions.	L	Ride Leader/ Committee	10/07/2020
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11	Ride	Obstruction to other road users	Rider and public	L	When assembling for a group ride or stopping mid ride, riders must; <ul style="list-style-type: none"> • Avoid blocking roads and/or the pavement, • Avoid blocking clear line of sight for other road users at or near junctions, • Avoid stopping/re-grouping on junctions. Find a safe place off the highway, and • Avoid stopping in private gateways and driveways. 	L	Ride Leader Rider	10/07/2020

ID	Activity	Hazard	People at Risk	Level of Risk (H,M,L)	Control Measure	Residual Risk (H,M,L)	Person Responsible	Date Reviewed/ Implemented
13	Ride	Collision with other vehicles	Rider and member of public	H	<p>Ride leader or route organiser should;</p> <ul style="list-style-type: none"> Limit time on busy main roads and within town centres. <p>Riders must;</p> <ul style="list-style-type: none"> Always observe the highway code and conform to the Road Traffic Act, Ensure they are always visible by ensuring hi-visibility clothing and lights are used when the condition require, Alert other riders of approaching vehicles with a call of 'Car Up' or 'Car Back', Obey all traffic signs and signals, Use caution when cycling through narrow lanes particularly where visibility around corners is restricted, and Find a safe place off the road to repair a puncture or mechanical. 	M	<p>Rider Leader</p> <p>Rider</p>	<p>20/07/2020</p> <p>20/07/2020</p>
14	Ride	Confrontation with other vehicles users	Rider and member of public	M	<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 motorist have been caught behind a group of riders for a while and where safe to do so riders should pull over to let motorists pass to avoid frustrating the motorist which could lead to confrontational driving.</p>	L	Rider	20/07/2020

ID	Activity	Hazard	People at Risk	Level of Risk (H,M,L)	Control Measure	Residual Risk (H,M,L)	Person Responsible	Date Reviewed/ Implemented
15	Ride	Rider falling from cycle	Rider	M	Rider should; <ul style="list-style-type: none"> Always ride within their ability and limitations of their cycle, Ride according to the road conditions particularly in the wet, cold spells or where gravel collects on bends, Watch and listen for warnings from other riders relating to the road surface and obstructions within the road, Avoid braking sharply and sudden changes of direction, Be aware of other riders within their vicinity, Wear and approved safety helmet, and Gloves are recommended. 	L	Rider	20/07/2020
16	Ride	Collision with horse	Rider and member of the public	M	When approaching a horse, the club rider should; <ul style="list-style-type: none"> Slow down and call out to alert the horse rider of our presence, Wait for the horse rider to confirm it is safe to pass before passing slow and wide, and Cover flashing front lights if approaching the horse from the front. 	L	Rider	20/07/2020
17	Ride	Collision with public on shared paths	Rider and member of the public	H	When using shared paths/cycleways riders should; <ul style="list-style-type: none"> Be aware of slower moving adults and children, Reduce speed, Be aware of dogs on extending or off leads, and Use a bell or be vocal to alert others when approaching from behind. 	L	Rider	20/07/2020