

Darlington Cycling Club

Generic Risk Assessment – Club Runs (road)



Introduction

Looking after each other is very important and lies central to the ethos of Darlington Cycling Club. *'We never leave a rider behind'* is a positive statement of what the Club is about. Much of the content of this document we already do or is what we would all consider to be common sense. In order to comply with the requirements of the **club's insurance policy through with Cycling UK and British Cycling** our arrangements for club activities must be subject to a suitable and sufficient 'risk assessment'.

The provision of 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 compliance with the risk assessment helps us to focus our minds and hopefully will help us to reduce the risks.

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 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.

Duties of Care

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. This duty of care requires individual members to consider the consequences of their 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.

- **Club Officials** - have a duty of care to the members of the club and the public, and must provide, implement, discharge, communicate and review the club's safety policy, risk assessments, training requirements etc.
- **Ride Leaders** - have a duty of care to group, individual riders and the public and in leading a ride, must take all reasonable precautions to minimise foreseeable risk of injury or harm.
- **Club Members** - have a duty of care to each other and the public road users and must ride in accordance with club policy and associated risk assessments, and respect the guidance and direction from Ride Leaders at all times.
- In the event of no club ride leaders being available, the Ride Leader(s) for the ride will where possible inform members in advance via text/social media/email etc. and shall make best endeavours to go to the start and ensure that members are informed verbally that the club run has been cancelled

- The riders present shall also be reminded that should they decide to do a group ride they do so at their own risk and the club shall not accept any liability.
- In the event of the Ride Reader deciding to cancel a ride on account of adverse weather conditions or any other reasons, he/she shall inform members in advance as above, and shall in addition go to the start and inform riders verbally. He/she shall also remind riders that should they decide to do a group ride they do so at their own risk and the club shall not accept any liability. The fact that the ride has been cancelled by 'the club' due to adverse weather or other 'environmental' reasons may well be taken into account should an incident arise which results in a 3rd party claim.

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

- | |
|--|
| <ul style="list-style-type: none">□ All riders are reminded that they are responsible for their own safety. Individual's taking part in any group activities do so at their own risk.□ Darlington Cycling Club strongly recommend that all cyclists wear a cycling helmet during cycling activities.□ It is a mandatory requirement in joining Darlington Cycling Club that all riders have a minimum of £10 million 3rd party insurance to participate on club rides. This may be obtained either through Cycling UK, British Cycling or directly from an insurance company.□ It should be noted that no liability shall be attached to the Darlington Cycling Club (including its officials and members) for any injury, loss or damage suffered. |
|--|

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH CLUB MEMBER

SECTION 1 (Preparation for ride)

Ref No	HAZARD	CONTROL MEASURE	ADDITIONAL CONTROL MEASURE	RISK RATING (low/med/high)
1.	Lack of equipment	Each rider should have adequate tools to fix common mechanical problems. Minimal Tool Kit 1. A pump or way of inflating tyres. 2. At least two inner tubes and tyre levers. 3. Allen keys or multi spanner as appropriate to your cycle 4. Spare foldable tyre (optional). 5. Cable ties (optional).	None Follow Club Etiquette see website	Low
2.	Condition of bikes	Cycles must be legal and roadworthy. 1. Carry working front and rear lights when necessary. 2. Consider duplication of high visibility rear lights. 3. Pay particular attention to condition of brakes and tyres. 4. Mudguards are strongly recommended during winter months.	Following bike check of new rider non-compliant/mechanical defects not immediately repairable, rider advised not to take part in ride.	Low
3.	Protective equipment	The wearing of cycle helmets is strongly recommended; however, it is mandatory for riders under the age of 18 years.		Med – with no helmet Low – with helmet

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH CLUB MEMBER

SECTION 1 (Preparation for ride) continued

Ref No	HAZARD	CONTROL MEASURE	ADDITIONAL CONTROL MEASURE	RISK RATING <small>(low/med/high)</small>
4.	Serious Medical Conditions	<ol style="list-style-type: none"> 1. Know how many riders are in your group. 2. Riders with medical condition that may affect their ability or performance should make the information known to Ride Leader. 3. For any accompanied or unaccompanied under 18s the Ride Leader shall be aware or have ready access to at least two ICE numbers and shall be made aware of any relevant health condition of the young person. This is in the event of the accompanying person becoming incapacitated in any way. 	Included in general guidelines for Ride Leaders.	Med
5.	Lack of ride discipline or failure to comply to accepted standards.	Included in general guidelines for Ride Leader and experienced riders of required appropriate behaviour.	None	Med

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH CLUB MEMBER

SECTION 2 (On the Ride)

Ref No	HAZARD	CONTROL MEASURE	ADDITIONAL CONTROL MEASURE	RISK RATING <small>(low/med/high)</small>
6.	Road surface situation (such as pot-holes, gravel, wet leaves, etc.)	Front rider to call as appropriate and point down with left or right hand. Warning to be repeated by those following.	Dynamic Assessment	LOW
7.	Motor vehicles approaching group on narrow roads from front and rear.	Warn of potential overtaking vehicle by group riders shouting: "CAR UP" and sometimes, "COMING THROUGH" And warn of oncoming vehicle by front rider shouting "CAR DOWN" Follow DCC 'Road Discipline' guidelines	None	LOW
8.	Weather conditions.	All riders to take note of changing weather conditions such as rain, snow and wind as it may have an adverse effect upon the stability and overall safety of the ride.	Dynamic Assessment	Low
9.	Road intersections, roundabouts And junctions etc.	Observe Highway Code	On observing a road junction warning sign, assess the junction type, traffic volume and visibility into the junction, ease the speed of the ride as appropriate, front rider to shout "STOPPING" if group needs to stop.	LOW
10.	Stopping places.	Observe Highway Code	Dynamic Assessment	LOW

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH CLUB MEMBER

SECTION 2 (On the Ride) continued

Ref No	HAZARD	CONTROL MEASURE	ADDITIONAL CONTROL MEASURE	RISK RATING <small>(low/med/high)</small>
11.	Farm animals and joggers/pedestrians etc on carriageway or in vicinity.	Observe Highway Code	Make them aware of your presence & slow down if necessary	LOW
12.	Parked vehicles and other stationary obstructions.	Observe Highway Code		Med

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH CLUB MEMBER

SECTION 2 (On the Ride) continued

Ref No	HAZARD	CONTROL MEASURE	ADDITIONAL CONTROL MEASURE	RISK RATING <small>(low/med/high)</small>
13.	Management of group.	<ol style="list-style-type: none"> 1. When riding as part of a group always allow for riders following behind. 2. Groups should allow appropriate gaps in traffic and slow in enough time for the entire group to negotiate obstacles. 3. Riders at the front of a large group should prevent the “concertina” effect, which happens when those at the back have to slow more to negotiate an obstacle or join a main road from a minor road. The rider(s) at the front should slow or even stop at the next appropriate place to allow the group to reform. 4. Should the group split for any reason, riders should slow down or find a safe place to stop and reform before proceeding. 5. The group has an obligation always to stop and assist any of its riders suffering from mechanical or physical problems. 6. The group should always wait for the last rider unless the rider requested to be left, with consent of the Ride Leader. 		Low/Med
14.	Dealing with emergencies.	<ol style="list-style-type: none"> 1. Obtain the help of emergency services where appropriate. 2. Apply first aid treatment to the best of your ability 3. Assist the Ride Leader in dealing with the incident as is necessary 4. Assist the Ride Leader as is necessary in carrying out the incident investigation 	See Ride Leader Guidelines Appendix 1 and 2	