

Coronavirus Risk Assessment for Cycling UK, CTC Grampian Group Rides

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Notes: This risk assessment is applicable for rides arranged by CUK, CTC Grampian and included in the published Runs List.

From 26th April all areas of Scotland will enter Level 3 restrictions. Scottish Cycling guidance for Level 3 allows for group rides for up to 9 people. This will change over time and such changes will be reflected in further updates to this Risk Assessment.

The group size of 9 and the associated exemption from physical distancing applies only whilst riding. During rest, coffee or lunch stops the exemption does not apply and participants should abide by the prevailing regulations.

Each run will have a nominated deputy runs leader. In the event that more than 9 riders attend the group will be split into groups of not more than 9 to satisfy the prevailing restrictions.

Participants should endeavour to arrive at the start point no more than 5 minutes before the published start time.

To satisfy contact tracing requirements all participating riders will be expected to arrive at the start of the ride with their name and contact details (either mobile number, home number or home address) on a business card sized piece of paper. These will be collected by the runs leader in a plastic bag and subsequently retained for 21 days. Be aware: No Ticket – No Ride! An attendance log will no longer be circulated at the coffee stop.

Ride attendees should also carry a 'Next of Kin' card with their own and emergency contact details for use in case of an accident. Cards are available from runs leaders or the secretary.

All ride participants should read this risk assessment prior to attending a group ride and take the necessary actions required to ensure they adhere to the prevailing regulations and advice issued by the UK and Scottish Governments, Scottish Cycling and Cycling UK.

It is the responsibility of the individual participant to ensure they understand and adhere to the regulations.

	Possible Hazards	Who might be	Mitigation measure(s) in place
1	Contracting or spreading Coronavirus due to group size.	Participants in ride	Each ride will have a nominated leader and deputy leader. If more than 9 riders attend the group will be split to ensure the allowed group size is not exceeded.
2	Contracting or spreading Coronavirus by touching a bicycle or other equipment	Participants in ride	Riders only touch their own bike and carry their own equipment. Riders should be prepared for likely mechanical difficulties dependent on the length of the ride. Riders should not share tools or provide assistance to others in the event of mechanical issues
3	Contracting or spreading Coronavirus by not washing hands or not washing them properly	Participants in ride, general public	Riders to carry hand sanitiser; riders to clean hands frequently and often and particularly before and after coffee or lunch stops.
4	Contracting or spreading Coronavirus due to lack of physical distancing whilst cycling	Participants in ride, general public	Whilst the Organised Sport exemption removes the requirement for social distancing within the group whilst cycling participants should be cognisant of those external to the group, i.e. pedestrians, other cyclists etc.
5	Contracting or spreading Coronavirus due to lack of physical distancing when assisting another cyclist in the event of injury or crash	Participants in ride or other cyclist	Riders carry face covering, disposable gloves and hand sanitiser with them; riders wear face covering and disposable gloves when assisting another cyclist and use hand sanitiser afterwards.

6	Contracting or spreading Coronavirus due to lack of physical distancing when stopped for rest or refreshment	Participants in ride	The organised sport exemption only applies whilst cycling. Whilst stopped for rest or refreshment participants should adhere to the physical distancing / group size requirements prevalent to the location and applicable at the time of the ride. These will vary dependent on the location and over time.
7	Contracting or spreading Coronavirus due to lack of physical distancing when stopped at café, take away, pub or shop	Participants in ride, staff at refreshment venue and general public	Participants carry face covering and follow regulations of venue or shop including completion of Track and Trace records if required. Whenever possible riders sit outside for refreshment in groups which adhere to the prevailing regulations. Consider how shelter can be obtained in wet or colder weather and if this involves moving inside then how the social distancing regulations can be adhered to.
8	Contracting or spreading Coronavirus because a participant is infected and/or displays symptoms prior to the ride	Participants in ride, staff at refreshment venue and general public	Participants should not attend the ride if they show any on the symptoms of Coronavirus, have received a positive test result within 14 days of the ride, are awaiting the results of a test or have been told to self isolate by the Test & Protect service.
9	Contracting or spreading Coronavirus because a participant starts to display Coronavirus symptoms during a ride	Participants in ride, staff at refreshment venue and general public	Affected party agrees with other riders in the group the best way for rider to cease participation and return home; Other riders to provide assistance as required but without taking undue risk of further contamination / virus spread. Participant to follow prevailing regulations for those displaying Coronavirus symptoms.
10	Spread of Coronavirus within the ride participants if a rider subsequently tests positive for the virus.	Participants in ride	Ride participants will bring with them their contact details written on a business card sized piece of paper. These will be collected by the runs leader in a plastic bag before the start of the ride. These attendance / contact details will be retained by the runs leader for a period of 21 days. Alternatively they may be passed to the club's secretary to be retained. An attendance log will no longer be circulated at the coffee stop.