

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended	Who
						Y/N What	
1. Pre ride	Equipment: Conditions, Accidents	Rider	L	. Cycles must be legal and roadworthy. . Riders carry our pre ride checks, brakes, frame, steering, pedals, cleats, wheels and tyres.	L	N	Rider
2. Pre ride	Equipment: Conditions, Stranded.	Rider and Public.	M	It is suggested every rider to carry a minimum tool kit comprising: . Method of inflating tyre/inner tube . At least one inner tube, 2 suggested. . Tyre levers . Multi tool with chain splitter and links. . Mobile phone, money or cards. . Contact details of the ride leader.	L	N	Rider
3. Pre ride	Equipment: Clothing, visibility, comfort and safety	Rider	M	. Riders to assess weather and dress appropriately. . Waterproof jacket / gillet to be carried when needed. . Recommended high visibility clothing. . Suggest rider wears a helmet . Suggest rider wears eye protection. . Mudguards recommended during winter. . Front and rear lights have sufficient battery life for the ride.	L	Y	Met Office weather forecast Rider
4. Pre ride	Equipment: Communications, Stranded.	Rider	L	. Mobile phone or money for pay phone to be carried. . Rider to have ICE number in the phone or on person or giver to the leader. . Rider to be made familiar with the route and locations of the ride	No risk	N	Route details will be on the rides programme and made available to the rider at the pre ride briefing. Rider
5. Pre ride	Equipment: Food and drink	Riders	L	. Familiarise yourself with distance of the ride prior to attending the meeting point. . Riders responsibility to ensure they carry enough food, drink, energy gels etc., for the	No risk	N	Briefing, giving the distance of the ride, climbing involved and any stops. Leader and riders

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended Y/N	What	Who
				duration of the ride. . Carry money for food and drink.				
6. Pre ride	Preparation: Health.	Riders	M	. Riders to ensure they are aware of the distance / pace of the ride and they are of sufficient fitness level to complete the ride. . Do not start any ride if you are feeling unwell or you are not able to complete it. . Ensure any specific medication is taken on rides or any first aid deemed necessary. . If you are feeling unwell at any time, inform the ride leader immediately.	L	N	See points 4 and 5	Rider
7. Pre ride	Group size, rider experience, accidents, traffic problems.	Riders and public	L	. Group size to be spilt and the leaders' discretion. . Group size to be split according to ability and speed. . Any new riders should introduce themselves to the leader and consideration given to a ride buddy. . Be familiar with the Highway Code and particular attention to where and when to ride two abreast or single file. Always follow the advice given by the ride leader.	L	Y	If the designated ride leader is not available, a new leader should be chosen from regular experienced riders within the group and the route is known.	Ride leader
8. Pre ride	New / Guest rider	Riders and public	M	. Any new rider must introduce themselves to the leader. . new rides must be made conversant with the risk assessment and acknowledge the content of this document before participating.			Consider inviting a competent riders and member to ride with a guest. Advise guest of club protocol during the ride. Establish if the guest intends has ridden before with the club or intends to ride in the future and joining Cycling UK for insurance purposes.	

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended Y/N What	Who
9. Pre ride	Weather	Rider	M	Ride secretary and ride leaders to review weather conditions prior to the ride.	L	N Consideration should be given to potential adverse weather conditions such as heavy rain, high winds, low temps etc..	Rider Sec, Leader
10. Pre ride	Communication	Rider	M	Ride Leader to undertake a pre ride briefing for all rides to cover: . An overview of the route, duration, distance and stops. . Any known route hazards, diversions or any other considerations. . Any issues relevant to the weather, rain, wind, frost or ice. . Check for the presence of guests!	L	Y	Leader
11. Pre ride	Collision/Accident: Each other	Rider	M	. Ensure bike is properly maintained. . All riders to be conversant with the group ride calls, hand signals and warnings and ensure these calls are passed along the line. . Ride smoothly and consistently, be aware of those around you and do not brake without warning. . Concentrate at all times and anticipate changing conditions. . When negotiating unforeseen road conditions (such as potholes) riders must be aware their actions impact on others. . Do not allow your front wheel to overlap the rear wheel of the rider in front. . Leave sufficient space between you and the rider in front. . When riding two abreast, maintain an even pace and do not speed up when another riders draws level .	L	Y Pre Ride briefing to be undertaken (point 9 above) New, inexperienced or guest riders to be identified and given ride buddy where possible.	Leader

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended Y/N What	Who
12. Ride.	Collision Accident	Riders and public	H	<p>Riders will conform to the Road Traffic Act and follow the Highway code at ALL times</p> <ul style="list-style-type: none"> . Riders will obey all traffic signals and signs. . At times of poor visibility, wear bright clothing and if necessary use cycle lights . All riders to continually assess traffic conditions, driver attitudes and carry out Dynamic Risk Assessments (DRA) e.g. get off and walk/use a pedestrian crossing if you have to cross a major road . Should the need to stop arise e.g. due to puncture, breakdown etc. then a place must be found sufficiently off the road to allow safe passage of traffic. . Consider using person(s) at Strategic points to warn oncoming traffic of any obstruction. . Riders to warn of approaching vehicles using known calls. Up/Down. 	M	<p>Y</p> <p>Consideration be given to nominating a ride leader assistant during any ride to assist with control of the group</p> <p>All accidents to be reported as per the Road Traffic Act and to the committee. An accident report submitted detailing the circumstances</p> <p>Report all near misses</p>	Leader
13. Ride	Accident: Falling off	Rider	M	<ul style="list-style-type: none"> . Pay close attention to the road surface at all times and dynamically risk-assess any changes identified, e.g. consider dismounting to cross a ford. . Be aware of the calls / warnings in relation to changes in surface such as potholes and use / pay attention to these warnings. . Only ride at a speed at which you are competent/confident particularly on descents. . Ice on the roads should be brought to the attention of the Ride leader immediately 	L	<p>Y</p> <p>Should a club ride set off and there be a risk of ice then there should be a continual dynamic risk assessment of the conditions. Consideration should be given to;</p> <ol style="list-style-type: none"> a) Call ride off b) change the route c) Stick to main roads if they are clear of ice. 	Ride sec and Leader

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended	Who	
						Y/N What		
14. Ride	3 rd Party claim Arising from accident or mishap	Rider	L	. Swansea CTC strongly recommend all riders are covered for 3 rd party claims via an appropriate insurance policy e.g. members of Cycling UK or British Cycling.	L	N	Rider	
15. Ride	Theft of Cycle	Rider	M	. Always try and ensure your bike is within your sight during stops. . At longer stops e.g. café, ensure your bike is locked to an immovable object or other bikes using a good quality approved lock. . Suggest you have adequate insurance cover in place for the loss of your bike.	L	Y	If a theft occurs, report it to the Police. Also report to the Ride Sec so the club have a record of the location and circumstances for future ref.	Rider Leader.
16. Ride	Stopping.	Rider and public	M	. Always choose a safe place to stop as a group and in particular, avoid road junctions, bends and other physical road hazards. . Warn riders before stopping and keep the road clear. . In the event of punctures or breakdowns, clear the road if possible or the leader to instruct the group to continue to a safe waiting place. . Assess the problem and decide whether to hold up the ride or leave the affected rider with helpers and details of the route to the next stop(s). . If unsure of the route, stop well before any junction to consult map or instructions. . Check for the presence of the Back Marker at junctions and when necessary wait for slower riders beyond the junction.	L	N		Rider
17. Ride	Passing Horse	Riders and Horse	M	. On approach to a ridden horse, the lead rider should warn the horse rider by verbal	L	N		Rider

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended Y/N What	Who
		rider		communication that cyclist are behind and approaching. Thereafter, pass by slowly. . Heed any advice given by the horse rider, Horses can be spooked by bikes, it is essential that the horse hears the human voice before it sees the bikes.			
18. Ride	Cycle paths and trails.	Rider and public	M	. Speed should be reduced on paths. . Be aware of debris, litter and poor surface. . When approaching other users, reduce speed and give warning, either mechanical or vocal to warn of your presence. . Dog or pet owners may need extra time to control or distract their animal so give extra time for warning. . Wildlife is more abundant on paths and trails and riders should be vigilant.	L	Y See points 11,13,16	Rider and leader
19. Ride	Event of accident	Riders	M	. The group should be moved to a safe position off the road. . If needed, take reasonable measures to control traffic. . Administer First Aid if required or call emergency services for assistance. . If the injured cyclist is unable to continue, one of the group must stay with that person until assistance arrives. . Ride leader to assist any casualty in completing an accident report form. . The Committee must be informed after the event as soon as is practical.	L		Leader
20. Post Ride				. At the end of a ride, the leader will conduct a ride debrief. . Riders are encouraged to raise any issues		Report to the committee any matters arising from the ride	Leader

Activity	Hazard	Who is at risk	Level (H/M/L)	Control measures Recommended	Residual Risk (H/M/L)	Further actions required / Recommended Y/N What		Who
				or concerns and discuss anything that did not go well. . Any accidents, near misses or anything else of concern should be brought to the attention of the leader if it has not already been done. . If any rider is not comfortable doing this in the presence of others, then please contact a club official privately.				

Riders should read and make themselves familiar with the content of this document. If you have any questions/comments/suggestions, please don't hesitate to contact a member of the committee or nominated club official.

Importantly, please respect the Ride Leader. Without them, club rides would not happen. Listen to the briefings, pay attention when on the road and feel free to contribute to the end of the ride debrief.

All riders are reminded that they are responsible for their own safety; individuals take part in any group activity at their own risk. We strongly urge all riders to obtain appropriate 3rd party insurance as a minimum. It should be noted that no liability shall be attached to Swansea CTC (including its officials and members) for any loss or damage suffered

Risk Assessment – Club Road Rides

Compiled by Secretary and Rides Secretary Ian Davies 12-January-2023