

# RISK ASSESSMENT Cycling April 2019 Assessed by: Ray Morgan

# General Terms of participation in group rides:

Training is based on weather conditions. Routes will be selected to suit ability level of group:

All participants must have their own Public Liability Insurance.

All bikes should be roadworthy and suitable for the terrain of the planned route.

Torfaen Triathlon Club, its Coaches and Activators and Its Partners take no responsibility for any accidents or incidents during group rides.

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| **Hazard Description** | **Persons exposed** | **Risk Control Measures Currently in Place** | **Risk Level** | **Action Required** | **Action completed** |
| Poor weather conditions: heavy rain, snow, storms, high wind, heat leading to accidents / illness | Participants/Riders  | Rides are not encouraged during bad weather, particularly when there are high winds and wet weather or snow / ice.If the weather becomes extreme on a ride, a suitable way of getting home will be decided by Route Leaders, or the group will stop until weather subsides. Suitable kit for the weather conditions must be worn and will be checked by Coach/Activator or Ride Leader to ensure that all players get sufficient breaks to take on fluid to avoid dehydration and dizziness. Sunscreen and sunglasses (with ISO12312 / CE mark) must be worn in strong sunshine.Coach/Activator or Ride Leader will check all riders have fluids with them so that riders can hydrate regularly. | Low |  |  |
| Poor road conditions or obstructions (pot holes, glass, litter, vegetation etc) leading to accidents | Participants/Riders  | Some roads are highly unsuitable for cycling; these roads are avoided. When riders come across dangerous roads they are encouraged to get off the bike and walk to safety. Similarly, riding on icy roads is not permitted.Coach/Activator or Ride Leader will remind members of the dangers of bad road conditions and to ensure riders comply. The group will communicate to each other when an obstacle is noticed.When riding off-terrain, members are told to be extremely cautious and Captain / V-C will stick to ready-made trails to avoid dangers. | Med |  |  |
| Mechanical failure, punctures or breakages leading to accidents | Participants/Riders  | All members are encouraged to carry spare inner tubes, and between them provide mechanical tools to enable them to make small adjustments be it needed.Coach/Activator or Ride Leader will ensure there is spare equipment available. | Low |  |  |
| Collisions with other road users – vehicles, pedestrians and other cyclists | Participants/Riders & others | Members are encouraged to ride with due diligence and the highway code is discussed with members on joining. Helmets are mandatory and members are advised on how to ride safely, and Ride Leaders ensure safety. High visibility clothes are not mandatory during the day, however some reflective material and lights definitely are (in case of fog / tunnels) | Med |  |  |
| Darkness and limited visibility leading to accidents | Participants/Riders | Rides are generally run earlier in the day to avoid conflict with darkness. However often rides go on longer than planned and people get caught in the dark. If there is a risk of being out in darkness, then members are required to bring lights and wear reflective equipment to increase visibility. All riders to carry charged mobile phones. | Low |  |  |
| Injury associated with normal activities  | Participants/Riders | Personal accident insurance is recommended to all participants. Torfaen Triathlon Club, its Coaches and Activators and Its Partners take no responsibility for any accidents or incidents during group rides.  | Low |  |  |
| Pulled Muscles | Participants/Riders  | Carry out warm up and stretching before training & rides, cool down after sessions. If cool down is not possible, members are advised to when they get home. | Low |  |  |
| Animal bites / collisions | Participants/Riders | Members are warned of the potential that animals may be on the road and are reminded to be vigilant. All riders must carry charged mobile phones in case of an animal bite emergency. | Low |  |  |
| Medical emergency  | Participants/Riders  | All Members have been asked to declare medical conditions when joining club. Coach/Activator or Ride Leader should be informed of any new or aggravated injuries/conditions if they occur.Participants should have ICE information either on their person or stored on an accessible mobile device. | Low |  |  |

For the purpose of this risk assessment, the following definitions shall be used:

**Hazard –**  The potential for harm or injury arising from an activity including the use of tools or methods needed to carry out that activity

**Risk –** The likelihood of harm or injury occurring due to that hazard

**\*RISK LEVEL**

**Low** Can be performed unsupervised following basic training

**Medium** Can be performed with supervision following training

**High** Must be qualified and trained; special supervision arrangements must be made

**Very High** Requires specialist expertise, do not proceed with activity