

Risk Assessment for Rasen Riders Club Activities



This risk assessment is generic & represents an average ride. Situations can change such a weather, heavy traffic, cyclist numbers in the rode, etc. These scenarios are covered in general terms in this assessment as every ride is different.

Club Official & Riders

Name of activity: **Mountain Bike / XC (Cross Country) Ride**

Season: **Spring / Summer**

Rider Numbers: **1 to 15**

Abilities: **Mixed**

Age Range: **18+**

Ride Leader: **Differs from ride to ride - Always try to have an experienced rider leading a**

Route Details

Location: **Public Highways / Public Bridleways / Woodland trails / Streams / Ditch Crossings, etc. Usually in Lincolnshire around the Market Rasen area. The Lincolnshire Wolds back roads are considered (local knowledge) to be some of the quietest in the area.**

Length of Route: **20-50mls for less experienced riders.
50-100mls for more experienced riders.**

Other Route Users: **Public traffic / Commercial traffic / Foot/Pedestrian traffic / Farm vehicles / Horse & Rider / Other Cyclists / Sheep & Cows / Others.**

1st Aid / Emergency Contacts

Name of 1st Aider: **Jon Snowball (if on the rider)**

1st Aid Kit: **No** **Yes** **Not usually however one might be carried from time to t**

In An Emergency: **Call 999 & ask for assistance relevant to the situation.**

Serious Incident: **Riders are expected to stay with any IP until emergency services arrive.**

I.C.E Contact: **Available on file with Rasen Riders committee members.**

Risk Assessment Author Details

Name: **Jon Snowball**

Position: **Club Chairman**

Contact: rasenriders@mail.com

Date: **23rd August 2016**

Likelihood	3	3	6	9
	2	2	4	6
	1	1	2	3
Risk		1	2	3

High

Medium

Low

Risk Level

A **Hazard** is something that can cause harm, e.g. other cyclist, vehicles, badly maintained bicycle, etc.

A **Risk** is the chance that any hazard will actually cause somebody harm.

A **Likelihood** is the chance of a Hazard happening.

Risk Assessment

Hazard Description:	Risk & Outcome:	Risk Vs. Likelihood	Advise Ride Group / Rider	Reduce Risk:	Date Review Required	
Public highway: All users.	Collision = Serious injury or death	3	Take care on the roads & follow the highway code.	Avoid main road & busy roads wherever possible	Aug-16	Done
		Vs.			Aug-17	
		1			Aug-18	
		= 3			Aug-19	
					Aug-20	
Weather: Hot & Sunny.	Dehydration & Sunburn: Serious illness & first degree burns. Long term affects of possible skin cancer.	3	Carry a full drink at the start of every ride & take money if possible.	Stay hydrated. Use plenty of sun screen. If you are feeling unwell, flag it up with another rider and stop.	Aug-16	Done
		Vs.			Aug-17	
		2			Aug-18	
		= 6			Aug-19	
					Aug-20	
Road Conditions.	Pot holes. Loose gravel. Tarmac banding. Manhole covers. White painted lines, etc.	3	Good communicati- on between the riders. General awareness.	Slow down or roads which have gravel or in poor condition. Avoid known bad road wherever	Aug-16	Done
		Vs.			Aug-17	
		3			Aug-18	
		= 9			Aug-19	
					Aug-20	
Bike Condition: Bike failure whilst riding.	Punctures. Brake failure. Broken Chain & other common bikes issues.	2	Keep your bicycle in a roadworthy condition.	Regular checks & maintenance including professional bike shop maintenance if possible.	Aug-16	Done
		Vs.			Aug-17	
		1			Aug-18	
		= 2			Aug-19	
					Aug-20	
Not wearing a helmet.	Serious injury or death.	3	Always wear a helmet. Gloves are also advised at all times.	Make it mandatory that helmets are to be worn during all Rasen Riders cycling events.	Aug-16	Done
		Vs.			Aug-17	
		1			Aug-18	
		= 3			Aug-19	
					Aug-20	
Group size & Ability.	Unnecessary crashes / collisions. Serious injury.	1	Ride to your personal ability and do not put other in undue danger.	Group / Rider etiquette.	Aug-16	Done
		Vs.			Aug-17	
		2			Aug-18	
		= 2			Aug-19	
					Aug-20	

Hazard Description:	Risk & Outcome:	Risk Vs. Likelihood	Advise Ride Group / Rider	Reduce Risk:	Date Review Required	
Night riding.	Lack of visibility for you and to others. Getting lost. Hard to locate in an emergency. Serious injury or death.	3	Always have a good set of fully charged lights and ride to your personal ability.	Stick to known rides. Advise someone of your route and estimated time of return before setting off.	Aug-16	Done
		Vs.			Aug-17	
		3			Aug-18	
		= 9			Aug-19	
					Aug-20	
Hazard Description:	Risk & Outcome:	Risk Vs. Likelihood	Advise Ride Group / Rider	Reduce Risk:	Date Review Required	
Woodland & Field Trails: All users	Collision with trees / farm machinery = Serious injury or death.	2	Ride with care and within your ability.	Respect other trail users and avoid busy dog walk areas & rutted trails.	Aug-16	Done
		Vs.			Aug-17	
		1			Aug-18	
		= 2			Aug-19	
					Aug-20	