

Medway Velo Club Risk Assessment

Introduction Firstly, please take the time to read and understand this document. If you have any questions concerning its content, please speak to the Club Captain or a committee member.

It goes without saying that looking out for one another is very important and lies central to the ethos of the Medway Velo. Some of the things contained in this document are things that we already do or that you would consider to be common sense. There will also be things that you may never have considered. Medway Velo requires that all of its active members are covered for 3rd party claims via an appropriate insurance policy e.g. British Cycling, Cycling UK etc.

In order to comply with the requirements of the club's insurance with British Cycling all of these things have to be formalised into what is known as a 'Risk Assessment'.

A Risk Assessment is an important step in protecting both our members, third parties and the Club as a whole. Every time we ride our bikes we are exposing ourselves to various risks and the Risk Assessment helps us to focus our minds on these risks with the intention of reducing them. As previously stated the club is required to have in place a Risk Assessment in order to manage, minimise or even eliminate risk. It is not expected that the club can eliminate all risk, but we are required to protect people as far as is 'reasonably practicable'.

What is Risk Assessment?

HAZARD = anything with the potential to cause harm

RISK = The likelihood that someone will be harmed by an identified hazard, whether that likelihood is low, medium or high 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.

When that has been done the next stage is to plan ways to minimise or even eliminate that risk. These are the control measures. Once the control measures have been implemented you are then left with any residual risk if applicable. The Risk Assessment can then be reviewed on a regular basis to assess a number of things e.g. are the existing control measures working, have any new hazards been identified, have any existing hazards been eliminated?

Duties of Care - As a Ride Leader/Club Captain, you have accepted the responsibility of leading others. You owe them a duty of care to ensure that they are not exposed to a foreseeable risk of injury, as far as you reasonably can. If you accept a position, you are likely to agree to carry out certain functions, which may affect the safety of others both inside and outside the club. You are accepting responsibility and you must fulfil those duties to the best of your ability. That is, you should endeavour to avoid any risk of injury, which exists or arises.

For example:

- If you are a Ride Leader/Club captain, by leading a ride, including selecting a route or destination, you have agreed to lead a ride and you must take reasonable measures to see that the ride is as safe as it can be.

It is also important to emphasise that individual Members of the club should ride sensibly and safely, in accordance with the law, the Highway Code and BC principles. Members also have a duty of care to you, other members and to members of the public i.e. the duty of care requires ride participants to consider the consequences of their acts or omissions and to seek to ensure that those acts and/or omissions do not give rise to a foreseeable risk of injury to any other person. Summary Reading this you may be thinking 'this is scary I am never going out on my bike again'. However, as stated earlier, most of this is common sense and is action that we already undertake. The key word in all of this is SAFETY. Clearly, one is not expected to guarantee the safety of others. However, there should be a reasonable expectation of Members both recognizing and using their best endeavours to put in to practice the above outline principles.

Importantly, please respect the Ride Leader. Without them, club rides would not be possible. Listen to the briefings and follow your Ride Leader's instructions.

Please can ALL MEMBERS read on and make yourself familiar with the contents of this document. If you have any questions/comments/ideas do not hesitate to contact the Captain or other officer of the Club.

All riders are reminded that they are responsible for their own safety; individuals take part in any group activities at their own risk. All riders to obtain appropriate 3rd party insurance as a minimum. It should be noted that no liability shall be attached to Medway Velo Club (including its officials and members) for any injury, loss or damage suffered

Risk Assessment: Club Road Rides

Location: All Medway Velo Club Road Ride Routes

Completed by: Phil Booth
Date Completed: 3 June 2022
Next Review Date: 3 June 2023
Signed Off Date: TBC

Other relevant Risk Assessment: NONE

Point	Activity	Hazard	Who is at risk	Level (H/M/L)	Control Measures Recommended	Residual Risk (H/M/L)	FURTHER ACTION RECOMMENDED/REQUIRED		
							Y/N	What	Person responsible
1	Pre ride / ride	Covid 19	Riders	H	All riders must follow the latest Coronavirus Government and British Cycling guidelines. Riders must not join rides if they display any Covid-19 symptoms, pose a risk to others, if someone in their household does, or they are in the extremely vulnerable category	L	N		Riders
2	Pre ride / ride	Equipment: Breakdown, Stranded	Rider	L	<ul style="list-style-type: none"> Each rider must carry a minimum tool kit comprising: Method of inflating tyre/inner tube multiple times Two inner tubes Two/Three tyre levers Mobile phone and money/cash card 	L	N		Riders
3	Pre ride / ride	Equipment: Conditions, accidents	Rider & Public	M	Cycles must be legal and roadworthy – see highway code: https://www.gov.uk/guidance/the-	L	N	Review	Riders

					highwaycode/annex-1-you-and-your-bicycle Riders to carry out pre-ride checks, brakes, frame, steering, pedals/cleats, wheels & tyres				
4	Pre ride / ride	Equipment: Clothing- Visibility, Comfort and safety	Rider	M	<ul style="list-style-type: none"> Riders to assess weather and dress appropriately Waterproof jacket/gilet to be carried when needed. Riders to wear approved safety helmets, these should have not been involved in a crash impact and to be changed at manufacturer's recommended intervals. The wearing of eye protection is recommended. 	L	Y	Local or Met Office weather forecast pre-ride	Riders
5	Pre ride / ride	Equipment: Communication, stranded	Rider	L	<ul style="list-style-type: none"> Mobile phone or money for public phone to be carried Riders to have ICE numbers in their saddle bag or on their person, clearly marked. 	No risk	N	Briefing, giving length of ride distance 6and any stops	Riders and lead riders
6	Pre ride / ride	Equipment: Food/Drink	Rider	L	<ul style="list-style-type: none"> Familiarise yourself with distance of ride prior to attending meeting point Riders responsibility to ensure they carry enough food/drink/energy gels for duration of ride Carry money to purchase food/drink 	No risk	Y	Briefing, giving length of ride distance and any stops. See also point 5.	Riders and lead riders

7	Pre ride / ride	Preparation: Health	Rider	L	<ul style="list-style-type: none"> Riders to ensure they are aware of the distance/pace of the ride and are of sufficient level of fitness to complete ride Do not start any ride if you are feeling unwell or you are not able to complete it. If during the ride you feel unwell, inform the ride leader immediately 	L	N	See guidance related to covid 19	Ride Leader Riders
8	Pre Ride	Group size/ Riders experience: Accident, traffic problems	Riders and Public	L	<ul style="list-style-type: none"> Group to be split at ride leaders discretion Groups should be split according to ability and speed Any new riders should identify themselves to the ride leader and consideration should be given to allocating a 'ride buddy' Be familiar with the Highway Code (Rules 59 to 82) and particular advice on where/when to ride two abreast or single file (rule 66). Always follow any instruction given by ride leader 	L	Y	If ride leader not available, ride leader should be chosen from regular experienced rider within the group otherwise the group will not be considered an official Medway Velo club ride.	Ride leader Riders
9	Pre Ride	New/Guest Riders	Riders and public	M	<ul style="list-style-type: none"> Any guest/new rider must introduce herself to the ride leader Guest/new rider must be conversant with the Risk Assessment and acknowledge this document before becoming a member 	M	Y	Consider inviting a competent rider and club member to ride with guest. Rider to teach ride/club protocol during the ride	Ride Leader New Rider/ Guest

10	Pre Ride	Communication, stranded	Rider	L	Ride Leaders to be familiar with route and be aware of where they are at all times.	L	N		Lead rider
11	Pre Ride	Communication	Rider	M	<ul style="list-style-type: none"> • Ride Leader to undertake a pre-ride briefing for all riders to cover; • An overview of the route, any stops, likely duration and distance. • Any known route hazards, diversions or other considerations. • Any issue relevant to the weather (wind/frost/ice) • Check for presence of new members or guests 	L	N		Ride leader
12	Ride	Collision / accident / each other	Rider	M	<ul style="list-style-type: none"> • All riders to be conversant with the group ride calls, hand signals and warnings and ensure that 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 road conditions • When negotiating unforeseen road conditions (such as potholes) riders should be aware that their actions impact on others • Ride slightly to the side of the wheel in front and with sufficient safe gap if not confident/competent to ride 	L	Y	Pre ride briefing undertaken	Ride Leader

					<p>immediately behind the wheel in front</p> <ul style="list-style-type: none"> Do not let your front wheel overlap that of the rear wheel of the bike in front When riding two abreast maintain an even pace, keep both front wheels level and do not speed up when another rider draws level (do not 'half wheel') 				
13	Ride	Collision / accident	Riders and Public	H	<ul style="list-style-type: none"> Riders will conform to the Road Traffic Act and follow the Highway Code at ALL times 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. through 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. 	M	Y	<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 to be submitted detailing the circumstances</p> <p>Report all near misses</p>	<p>Ride leader</p> <p>Ride leader/ rider</p> <p>Ride leader / club captain</p>

					<ul style="list-style-type: none"> Riders to warn of approaching vehicles using known calls 			Accident trend monitoring to be conducted	
14	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, Oil 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	Y	<p>Consideration is given to cancelling club ride if the roads are icy or weather conditions are otherwise such as to consider cancellation.</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; a) Call ride off b) Change the route c) Stick to main roads if they are gritted/clear of ice</p>	<p>Rider leader</p> <p>Ride leader/ rider</p>

15	Ride	3rd Party Claim Arising From Accident / Mishap	Rider	L	The Medway Velo constitution states, and club rules require that all of its members are covered for 3rd party claims via an appropriate insurance policy e.g. British Cycling, Cycling UK etc.	L	N		Riders
16	Ride	Theft of cycle	Rider	M	<ul style="list-style-type: none"> • Always try and ensure that your bike is within your sight during stops. • At protracted stops e.g. café, ensure that your bike is locked to an immovable object / other bikes using a good quality /approved lock. • Ensure that you have adequate insurance cover in place covering the loss of your bike 	L	Y	If a theft occurs report to the police	Rider
17	Ride	Passing horse	Riders / Horse Rider	M	<ul style="list-style-type: none"> • On approach to a ridden horse, the lead rider should warn the horse and horse rider by verbal communication that a human(s) are present and behind. Thereafter proceed and pass by slowly. • Heed any advice given by horse rider. (Horses can be spooked by bikes, it is essential that the horse hears the human voice before it sees the bike. 	L	N		
18	Ride	Cycle Trails / off road sections / cycle paths	Rider and Public	M	<ul style="list-style-type: none"> • Only ride only trails which are cyclists are legally allowed to ride on, or where signage indicates 	L	Y	See points 4,6,9	Rider / Ride leader

					<p>they can be used. Speed should be reduced on trails.</p> <ul style="list-style-type: none"> • Be aware of debris, litter and loose surfaces. • When approaching other users, reduce speed and give a warning sound, either mechanical or vocal to warn of your presence. • Dog or pet walkers may need extra time to control or distract their animal so give extra time for warning. • Wildlife is more abundant on these trails and riders should be vigilant. 				
19	Ride	Event of accident	Rider	M	<ul style="list-style-type: none"> • The group should be moved to a safe position off the road. • If required, take reasonable measures to control traffic • Administer first aid, if required call 999 for assistance. • If injured cyclist is unable to continue, one of the group must stay with that person until assistance arrives. • Ride leader to fill in an accident report form. • The club chair and club secretary must be informed after the event and as soon as practical 	L			Ride Leader
20	Post Ride				<ul style="list-style-type: none"> • Riders are encouraged to raise any issues or concerns and just as 			Report any matter arising to club captain	Ride leader

					<p>important, to talk about things that have gone well.</p> <ul style="list-style-type: none">• In addition, any accidents, near misses and anything else of note must be brought to the attention of the Ride Leader if it hasn't already been done.• If any rider is not comfortable doing this in front of others then please approach the club official privately, via official email channels				
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