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| **Road Training Rides** |

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| **Significant hazards** | **What could go wrong** | **(Hazard), Risk** *chance of it occurring* | **Existing control measures** | **Further actions** |
| Personal Injury (collision): Injury / death | Fall from bike/hit by car/collision with other riders | (High) Low | * **Members and riders have agreed they have read the CUCC Handbook, which contains relevant control measures. Applies to all hazards.**
* Riders must carry mobile phones
* Nearest public building will have first aid. Dial 112 if serious
* Group sizes advised not to exceed 10
* Training sessions run on how to cycle in a group
 | Link to relevant section of highway code on the website |
| Hypothermia  | Exposure, getting lost, dropping riders | (Medium) Low  | * All participants advised to carry adequate clothing (including waterproofs if rain forecast).
* Curtail rides if temp suddenly drops.
* Other members donate clothing. Keep moving. 112 if bad.
* Members to carry smartphones/gps devices
* Ride leader guidance in CUCC Handbook to do occasional head counts
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| Heat Stroke | Hot weather | (Medium) Low | * Take sufficient water on hot days. Wear sun cream.
* Do not go out if temp exceedes 30oC.
* Other riders donate water.
 | Info for ride leaders sent out on mailing list and put on website |
| Personal Injury (non-collision): Ligament/knee damage etc | Overexertion on bike, poor bike fit | (Low) Low | * Drop pace of the group.
* Get taxi if really bad.
* Riders advised to seek professional bike fit
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| Eye injury | Stones, mud, twigs in eyes | (Medium) Low | * Participants are encouraged to wear eye protection appropriate to the weather conditions and visibility.
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| Fall / Long walk back/exposure | Mechanical failure | (Medium) / Low | * Participants are encouraged to check their bikes and have them serviced regularly.
* Participants are encouraged to carry a multi tool, spare inner tube and pump.
* Group should wait and help.
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| Crashing in the dark (also see *Exposure*) | Night  | (Medium) Low | * Participants encouraged to carry at least rear light.
* Rides scheduled to get back well clear of lighting up.
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**Required kit**

*Rider’s individual responsibility to provide and bring to training rides.*

* Bike in working order
* Helmet
* Puncture repair kit / Tools / Spare tube(s) / Pump
* Sunglasses / Eye protection
* Personal First Aid & medication as deemed necessary. It is impractical for a ride leader to carry a large first aid box on a bike.
* Food and water plus spare
* Layered clothing plus hat and gloves – always bring one layer more than you think you’ll need in case of emergency.
* Waterproofs
* GPS smartphone/garmin
* Bikes light if a chance ride will run into the evening
* Mobile phone

**EMERGENCY PROCEDURES**

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| In the case of a crash or accident, uninjured riders will assess the situation. They will decide whether it is necessary to call emergency services. All riders should carry a mobile phone and personal first aid kit. If there is no mobile phone signal part of the group will stay with the casualty whilst others go to get help/signal. |

### **ASSESSOR**

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| **Name of assessor:** | **Signature:** | **Date** | **Name of Supervisor:** | **Signature:** | **Date** |
| **John Mulvey** |  | 1/10/16 |  |  |  |