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| **Track Trip Risk Assessment** |

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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/collision with other riders | (High) Low | * **Members and riders have agreed they have read the CUCC Handbook, which contains relevant control measures and the CUCC Health and Safety Policy. Linkto the Track info on CUCC website.**
* Tracks are public venues with qualified first aiders on hand
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| Personal Injury (non-collision): Ligament/knee damage etc | Overexertion on bike, poor bike fit | (Low) Low | * Riders advised to seek professional bike fit
* Rider to withdraw from training session
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| Fall  | Mechanical failure | (Medium) / Low | * Participants are encouraged to check their bikes and have them serviced regularly.
* If using hire bikes, can swap for one that is mechanically sound
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**Required kit**

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

* Bike in working order (if not hiring track bike)
* Helmet
* Cycling mitts
* 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

**EMERGENCY PROCEDURES**

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| In the case of a crash or accident, uninjured riders and the qualified first aiders on site will assess the situation. |

### **ASSESSOR**

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