

<b>Cambridge University Cycling Club</b>	<b>Date: 26/06/24</b>	<b>Last Review Date: 03/10/21</b>
<b>Risk Assessment</b>		<b>Next Review Date: 12/7/25</b>

**Road Training Rides**

<b>Significant hazards</b>	<b>What could go wrong</b>	<b>(Hazard), Risk chance of it occurring</b>	<b>Existing control measures</b>	<b>Further actions</b>
Personal Injury (collision): Injury / death	Fall from bike/hit by car/collision with other riders	(High) Low	<ul style="list-style-type: none"> <li>• <b>Members and riders have agreed they have read the CUCC Handbook, which contains relevant control measures. Applies to all hazards.</b></li> <li>• Riders must carry mobile phones</li> <li>• Nearest public building will have first aid. Dial 112 if serious.</li> <li>• Group sizes advised not to exceed 9.</li> <li>• Training sessions run on how to cycle in a group.</li> </ul>	Link to relevant sections of highway code are on the website
Hypothermia	Exposure, getting lost, dropping riders	(Medium) Low	<ul style="list-style-type: none"> <li>• All participants advised to carry adequate clothing (including waterproofs if rain forecast) and a spare layer.</li> <li>• Curtail or cancel rides if temperature suddenly drops or very low temperatures are forecast.</li> <li>• Other members donate clothing. Keep moving. Call 112 if bad.</li> <li>• Members to carry smartphones/GPS devices as recommended.</li> <li>• Ride leader guidance in CUCC Handbook to do occasional head counts.</li> </ul>	
Heat Stroke	Hot weather, lack of water	(Medium) Low	<ul style="list-style-type: none"> <li>• Take sufficient water on hot days. Wear sun cream.</li> <li>• Do not go out if temp exceeds 30°C.</li> <li>• Other riders donate water.</li> </ul>	
Personal Injury (non-collision): Ligament/knee damage etc	Overexertion on bike, poor bike fit	(Low) Low	<ul style="list-style-type: none"> <li>• Drop pace of the group.</li> <li>• Get a taxi back if really bad.</li> <li>• Riders advised to seek professional bike fit.</li> <li>• Riders told to rest if suffering from injuries affecting performance</li> </ul>	
Eye injury	Stones, mud, twigs in eyes	(Medium) Low	<ul style="list-style-type: none"> <li>• Participants are encouraged to wear eye protection appropriate to the weather conditions and visibility.</li> </ul>	

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			<ul style="list-style-type: none"> <li>• Mudguards are advised in winter months when roads are particularly dirty.</li> </ul>	
Fall / Long walk back/exposure	Mechanical failure	(Medium) / Low	<ul style="list-style-type: none"> <li>• Participants are encouraged to check their bikes and have them serviced regularly.</li> <li>• Participants are encouraged to carry a multi tool, spare inner tube and pump, along with a mobile phone and some money in the club handbook.</li> <li>• Group should wait and help.</li> </ul>	
Crashing in the dark (also see <i>Exposure</i> )	Night	(Medium) Low	<ul style="list-style-type: none"> <li>• Participants encouraged to carry at a front and rear light.</li> <li>• Weekend rides scheduled to get back well before dark.</li> </ul>	

**Required kit**

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

- Bike in working order with decent tyres
- 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
- Small amount of cash/debit card
- Bikes light if a chance ride will run into the evening
- Mobile phone

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**EMERGENCY PROCEDURES**

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**

<b>Name of assessor:</b>	<b>Signature:</b>	<b>Date</b>	<b>Name of Supervisor:</b>	<b>Signature:</b>	<b>Date</b>
John Mulvey		01/10/16			

**REVIEW DATES**

<b>Reviewed by (name)</b>	<b>Signature</b>	<b>Date</b>	<b>Indicate changes here</b>
George Spooner		03/10/21	Added COVID-19 information.
Maddie Angwin	M.Angwin	12/07/23	Removed COVID-19 information