

Cambridge University Cycling Club	Date: 12/7/23	Last Review Date: 03/10/21
Risk Assessment		Next Review Date: 12/7/25

Road Training Rides

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	<ul style="list-style-type: none"> 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 9. Training sessions run on how to cycle in a group. 	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"> All participants advised to carry adequate clothing (including waterproofs if rain forecast) and a spare layer. Curtail or cancel rides if temperature suddenly drops or very low temperatures are forecast. Other members donate clothing. Keep moving. Call 112 if bad. Members to carry smartphones/GPS devices as recommended. Ride leader guidance in CUCC Handbook to do occasional head counts. 	
Heat Stroke	Hot weather, lack of water	(Medium) Low	<ul style="list-style-type: none"> Take sufficient water on hot days. Wear sun cream. Do not go out if temp exceeds 30°C. Other riders donate water. 	
Personal Injury (non-collision): Ligament/knee damage etc	Overexertion on bike, poor bike fit	(Low) Low	<ul style="list-style-type: none"> Drop pace of the group. Get a taxi back if really bad. Riders advised to seek professional bike fit. Riders told to rest if suffering from injuries affecting performance 	
Eye injury	Stones, mud, twigs in eyes	(Medium) Low	<ul style="list-style-type: none"> Participants are encouraged to wear eye protection appropriate to the weather conditions and visibility. 	

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

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

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

REVIEW DATES

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