**Cycle Ride Leader Risk Assessment Check List**

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| Haddenham U3A Cycling Group |
| Leader |

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| --- | --- |
| Date | Ride Name |
| Approx Distance | Type of Terrain |

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| --- | --- |
| Before the Ride | Yes |

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| --- | --- | --- |
|  | Provision of information to ridersa. Location- start/finishb. Distancec. Timingd. Linear/ Circular Routee. Approx height climbedf. Appropriate clothingg. Toilet / refreshment facilities on routeh. What to bring-food. Drink. Phone. Tool kit, advise bring spare inner tubei. Car Parking Facilitiesj. Lunch / Meal Venue |  |

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| --- | --- |
| On the day | Yes |

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| --- | --- | --- |
| 1 | Check first aid kit & emergency blanket and inform all riders where they are |  |
| 2 | Before starting outa. Routeb. Durationc. Terraind. Known hazards- small groups on busy roads well spaced oute. Emergency arrangements-illness,exhaustion, accident, weather problems, Terrain problemsf. Ensure cyclists are adequately equipped but they must make final decision if the leader feels they are notg. If any rider wishes to deviate from the planned route, inform the leader  |  |
| 3 | Appoint a backmarker- may be changed during the ride |  |

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| During the ride | Yes |

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| 1 | Leader (may change during the ride) should stay at or near front but stop at meeting points for others to catch up |  |

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| --- | --- | --- |
| 2 | Check the route frequently |  |
| 3 | Periodically count the number in the group |  |
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| Signed | Date |