**Cycle Ride Leader Risk Assessment Check List**

|  |
| --- |
| Haddenham U3A Cycling Group |
| Leader |

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

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

|  |  |  |
| --- | --- | --- |
|  | Provision of information to riders  a. Location- start/finish  b. Distance  c. Timing  d. Linear/ Circular Route  e. Approx height climbed  f. Appropriate clothing  g. Toilet / refreshment facilities on route  h. What to bring-food. Drink. Phone. Tool kit, advise bring spare inner tube  i. Car Parking Facilities  j. Lunch / Meal Venue |  |

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

|  |  |  |
| --- | --- | --- |
| 1 | Check first aid kit & emergency blanket and inform all riders where they are |  |
| 2 | Before starting out  a. Route  b. Duration  c. Terrain  d. Known hazards- small groups on busy roads well spaced out  e. Emergency arrangements-illness,exhaustion, accident, weather problems,  Terrain problems  f. Ensure cyclists are adequately equipped but they must make final decision  if the leader feels they are not  g. If any rider wishes to deviate from the planned route, inform the leader |  |
| 3 | Appoint a backmarker- may be changed during the ride |  |

|  |  |
| --- | --- |
| During the ride | Yes |

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

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

|  |  |
| --- | --- |
| Signed | Date |