

Withernsea Wheelers Cycling Risk Assessment for Riders

Ride start: 8am Pier Towers, Withernsea 25th September 2010	Ride end: xxx Pier Towers, Withernsea	
Form completed by	Richard Hutchins	Date 30th August 2010

Hazard <i>(delete if not applicable)</i>	Risk (L/M/H)	Precautions <i>(to reduce risk to an acceptable level - delete if not applicable)</i>	Done
Road crossings	H	<ul style="list-style-type: none"> Cross in batches, with marshal looking out for traffic. If busy, use marshals to stop the traffic in either direction, temporarily. 	Marshall's
Sharing the route with other users	M	<p>Cars:</p> <ul style="list-style-type: none"> Keep riders close together and to the left at all times. Ride in single file if the road is narrow or busy. A front and back rider should be used, and if possible someone should ride on the traffic side of the group, particularly if riding with children. Take particular care at bends in the road. You could post a rider before the bend to warn drivers, until everyone has passed. If cycling along a very short section of road, treat it as a crossing (see above) until everyone has passed along the road. 	Marshall's & Lead Rider
	H	<p>Children:</p> <ul style="list-style-type: none"> Children under the age of 16 should always be accompanied by a responsible adult. If the ride is particularly strenuous, consider not allowing children under a certain age on the ride. When cycling with children, give them plenty of room, behind and beside: they can be unpredictable! 	Check At Start Limit Distance If Needed
	M	<p>Other riders:</p> <ul style="list-style-type: none"> 50 riders is the maximum you should have on a Trailblazing ride, but fewer might be too many on a Pedalling Picnic, or if cycling along a narrow route or on road. If there is a large group, it could be split into two with nominated back riders from each group, and one Ranger per group. Give other riders plenty of space. Consider stopping distances and handlebars. Check behind you before changing direction, and shout if you are about to stop suddenly. 	Manage At Start
		<p>Pedestrians:</p> <ul style="list-style-type: none"> Give pedestrians priority, and cycle slowly in single file when passing or if on a narrow path. Warn them that you are passing. 	

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	L	Horses / Dogs / Anglers: <ul style="list-style-type: none"> The front rider should stop to talk to the rider / owner / angler to find out how they would like you to proceed. Follow their instructions! 	Lead Rider
Access Controls & entrance points	L	<ul style="list-style-type: none"> Work out which access controls may be difficult, bearing in mind that some people may have panniers, trailers or tandems. Help other riders to lift their bicycles over access controls if necessary. Warn those with children where there are entrance points onto roads. 	Brief At Start
Poor surfaces e.g. loose gravel mud, potholes ruts, road humps	L	<ul style="list-style-type: none"> Identify problem areas before riding. Post marshal at start of poor surface to warn people if necessary. 	Pre Inspection
Un-roadworthy bicycles	L	<ul style="list-style-type: none"> Let riders know that they are responsible for their own bicycles. They should carry out a brief check before riding to check for tyre pressures, brakes etc. The ride leader should carry a puncture repair kit and pump, if possible, for other riders to use. 	Check At Start
Lost riders	M	<ul style="list-style-type: none"> If the route is signed, check before riding and put up additional signs if necessary. Take an attendance list before setting off, and make regular stops at agreed places to count people as you go along. Marshals should stop to direct where people might get lost. 	Marshall's To Check Check In & Check Out
Poor health/fitness	M	<ul style="list-style-type: none"> Ask people to let you know confidentially if they have any health problems that you should be aware of e.g. heart problems / epilepsy. Warn people if the ride is strenuous. Take account of people's abilities and where possible, cycle at the pace of the slowest. If someone is ill or has an accident, a marshal should stay with them and either call ahead to the other riders or cycle with the person until they have caught up with the others. 	First Aiders Water Points Inform Withernsea Hospital Of Event Inform Local Ambulance Station
Weather	M	<ul style="list-style-type: none"> Riders should be dressed appropriately for the weather. Take along sun-block for riders if it is hot. Always carry water. Be prepared to cut the ride short or make a detour if weather conditions become too unpleasant. 	Advice Will Be Given To All Riders. Carry Sun Block & Waterproof Clothing
Other general hazards (anything else you identify)			

Location of specific hazards e.g. dangerous crossings / access controls / fast roads <i>(continue on separate page if necessary)</i>	Risk (L/M/H)	When / how will you inform the riders?
Road Crossing At Winestead Corner	H	At Start
Big Drain On Road Side Just Passed Hand Car Wash At Winestead (ex Patrington Building Supplies Yard)	H	At Start
Turning Out Of Dalton Lane At Halsham Arms Corner	H	At Start
At Thirtle Bridge Turning Right Of The Roos To Withernsea Road Onto The Road To Rimswell	H	At Start
Notify Withernsea Police & Clear Route	M	2 Weeks Or More Before Race
De Hydration / First Aid	M	Appoint Qualified First Aiders Advise Riders At Start

<p>Check Points All Equipped With Mobile Phones & Water, Check Points Must Have Contact Direct To Central Control</p>	<p>H</p>	<p>Appoint Qualified First Aiders Advise Riders At Start</p>
<p>Public Facilities</p>	<p>M</p>	<p>Withernsea Down Piggy Lane & Patrington Town Centre</p>
<p>Safety Helmets, No Riders Can Take Part Unless You Are Wearing A Safety Helmet, This Is A Required Element For Health & Safety Reasons. If you don't wish to wear one, you have to sign a document saying this is at your own risk.</p>	<p>H</p>	<p>On Web Site & At Check In</p>