

OXFORD UNIVERSITY CYCLING CLUB RISK ASSESSMENT**November 2007***Activities usually carried out by the club:**Cycling – including time trials, track racing and road racing.**Mountain Biking – including cross-country and downhill trials.*

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Falling off bicycle/collision with objects (e.g. obstacles, other cyclists)	Members encouraged to use a helmet, gloves and armour as necessary. First Aid kits carried by designated ride leader. Every effort is made to make sure a First Aider accompanies club trips Emergency Procedure to be followed. Mobile phone to be taken on all trips The aim is to make sure the rest of the group is safe and the casualty is treated correctly, as well as contacting the emergency services if necessary. Encourage sensible cycling and routes appropriate to the level of skill. Maximum of 2 abreast on roads, where conditions allow. If body armour is required the riding conditions should be thoroughly investigated and the equipment checked for a good fit.	Medium/High	Oxford University Sports Department Emergency Incident Procedures card taken on all trips and available in the First Aid Kit. All Club members are sent a copy of the Members Handbook, in which there is safety information and a guide to promote safe bike riding in groups. Emergency Procedure form available on the club website
Collision with Motor Vehicle	Members encouraged to use a helmet, gloves and armour as necessary. Routes chosen to avoid main roads as much as is possible. Single file riding on busy roads. Notification of approaching vehicles to fellow cyclists using correct calling procedure. Suitable lighting systems if cycling at night.	Medium	
Exposure to the Elements	Guidance given to members on suitable kit requirements for cold/wet weather. Encouragement to wear cold/wet clothing through club suppliers. Encouragement to wear sun cream and head protection in warm/hot weather.	Low	

Terrain e.g. gradient of land, wet conditions, ground conditions etc	Accidents caused through Mountain bikers crossing variable grounds conditions.	Medium	
Mechanical Failure (e.g. brake failure, tyre failure)	Club Members advised to carry out correct maintenance of bicycles. Riders are encouraged to bring repair equipment (e.g. brake pads, inner tubes, pumps etc) Shared Club Equipment?	Medium	
General Sporting Injury	Encouraged warm-up/stretching routines. Correct cycling position and clothing. Adjustment of ride intensity to suit the ability of riders on an individual trip. Notification of expected ride intensity/duration of schedule.	Low	
Dehydration	Club Members are required to bring adequate fluids on a trip and/or eat at regular intervals on long trips.	Low	
Medical Conditions	Club Members are to complete a medical form at the start of the year declaring any medical conditions which may affect their participation in the activity. All members who are ill are to inform the club of illness and/or injury before each trip.	Medium	Club committee are to decide if the individual is fit to take part in club activity
Transport Incidents	Organiser/events secretary to complete a Trip Registration Form on Club trips out of Oxfordshire. Drivers must have passed University accredited tests. Drivers must be 21 years or older. Insist mode of transport used has seatbelts and if possible a fire extinguisher. Insist on having a First Aid kit, No distracting the driver. If a member of the University drives, ensure they have not drunk 8 hours prior to driving. All Club members who drive a hired minibus have A FULL CLEAN DRIVING LICENCE AND HAVE SUCCESSFULLY COMPLETED THE UNIVERSITY'S MINIBUS COURSE Do not exceed the seating limit No bags should be left in the gangway/aisle. Assess beforehand the weather report for the day. Ensure driver has regular breaks in accordance with legal guidelines. Do not place baggage in overhead lockers.	Low but potentially fatal	Clubs should be aware that if they have a major accident on an away trip which involves the Emergency Services or Hospitalization then the club should notify the University Security Services on (01865) 289999 who will offer assistance and if need be contact members of the Sports Department staff. This applies to not only travel but to accidents in the course of playing matches.