

Cycling Club RISK ASSESSMENT

DATE: - xx/xx/04

Activities usually carried out by the club.

**Cycling – including: time trials, track racing, road racing.
Mountain biking – including: cross country, downhill, trials.**

HAZARD	CONTROLS MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
Falling off bicycle/collision with objects (e.g. obstacles, other cyclists).	Encouraged use of helmet, gloves and body armour as necessary	Medium-High.	Encourage sensible cycling and only attempting routes appropriate to your skill level. Maximum two abreast on roads. If body armour is required the riding conditions should be thoroughly investigated and the equipment checked for a good fit.
Collision with motor vehicle.	Encouraged use of helmet and gloves as necessary. Routes chosen avoid main roads as much as possible.	Medium.	Suitable lighting systems if cycling at night. Single-file riding on busy roads. Notification of approaching vehicles to fellow cyclists.
Exposure to the elements.	Guidance on suitable kit requirements for cold/wet weather.	Low.	Availability of cold/wet weather clothing through club suppliers and/or advising of alternatives.
Mechanical failure (e.g. brake failure, tyre failure).	Advised correct maintenance of bicycles and use of adequate equipment. Riders encouraged to bring repair equipment (e.g. brake pads, inner tubes, pump).	Medium.	Looking out for fellow riders/sharing of equipment. Club owned toolkit available.
General sporting injury (e.g. muscle strain).	Encouraged warm-up/stretching routines. Correct cycling position and clothing.	Low.	Adjusting ride intensity to suit ability of riders present. Notification of expected ride intensity/duration on schedule.