



Ref:	DCC RA.v.1	Generic Risk Assessment	Risk Assessor:	Club Secretary
Date:	Dec 2019	Droitwich Cycling Club Group Rides		<i>mm hand</i>

Riders	Estimated Number: 8 – 12	Ability : All	Age : 16+
Route	Approx distance : 10 – 100 miles	Approx height gain : 500 – 9000 feet	
	Other users: pedestrians, road users, horses		
	Routes: Various - See Facebook ride post for further details and full ride description		

No	Hazard	Existing and current risk control	Persons involved or exposed	Risk Rating			Action plan required	
				Severity	Likelihood	Overall	No	Yes
1	Impact injuries when falling from bike caused by poor road surface.	<ul style="list-style-type: none"> Roads chosen are generally well used routes subject to regular checks and maintenance by the highways authority. Every individual rider is to take appropriate measures to ensure that they can see the road ahead that they are riding on. Rider guidance in the DCC Rider Guidance is to be followed as far as reasonably practicable. Riders should wear an EN standard cycle helmet for DCC group rides. All riders must pay close attention to the road surface and immediate environment at all times. Abilities in a group ride will vary and it is for each individual rider to consider the conditions and take individual action such as slowing down and dismounting. 	Club members Prospective members (guests) Members of affiliate clubs	M	L	L	✓	



		<ul style="list-style-type: none"> All Riders to only ride at a speed at which they are competent / confident particularly on descents. 						
2	Impact injuries when falling from bike caused by ice on road surface.	<ul style="list-style-type: none"> Individual riders can decide whether to ride in icy conditions Ride Leader to use roads in icy winter conditions that are generally treated with salt by the local authority i.e. Bus Routes Ride Leader and Individual riders can decide to continue with the club run as it is held on open public roads. Rider guidance in the DCC Rider Guidance is to be followed as far as reasonably practicable. Riders should wear an EN standard cycle helmet for DCC group rides. All riders must pay close attention to the road surface and immediate environment at all times. Abilities in a group ride will vary and it is for each individual rider to consider the conditions and take individual action such as slowing down and dismounting. All Riders to only ride at a speed at which they are competent / confident particularly on descents. 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p>	L	L	L	✓	
3	Hypothermia caused by exposure to extreme cold or wet conditions	<ul style="list-style-type: none"> Individual riders can decide whether to ride in extremely cold conditions Individual riders can decide to continue with the club run as it is held on open public roads. Rider guidance in the DCC Rider Guidance is to be followed as far as reasonably practicable. 	<p>Club members</p> <p>Prospective members (guests)</p>	L	L	L	✓	



		<ul style="list-style-type: none"> • Winter clothing bib tights, winter jacket, overshoes with thermal, wind block and/or water resistant properties. • Waterproof packable Mac or Gillet 	Members of affiliate clubs					
4	Impact injuries when falling from bike caused by mechanical failure of the bike or components	<ul style="list-style-type: none"> • Bikes must be roadworthy, with working brakes and well maintained and must be legal and roadworthy. • Riders to inspect their cycle prior to each ride paying particular attention to brakes, frame, steering, pedals / cleats, wheels and tyres. • Rider guidance in the DCC Rider Guidance is to be followed as far as reasonably practicable. • If a rider or Ride Leader has concerns about the condition of a rider's bike before the ride commences they may consider carrying out a bike assessment. • Riders should wear an EN standard cycle helmet for DCC group rides. 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p>	L	L	L	✓	
5	Impact injuries caused by contact with moving vehicle	<ul style="list-style-type: none"> • All riders must follow the Highway Code at all times including obeying traffic signals and signs • Guidance on safe group riding available to all members. • If poor visibility expected, wear bright clothing and use cycle lights. • Rear lights should be set on Group Ride Mode (non-flashing and low intensity) to prevent distraction and 'blinding' of riders behind • Groups may be split at start to reduce numbers of riders in group. 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p> <p>Member of</p>	L	L	L	✓	



		<ul style="list-style-type: none"> Participants must ride within their own abilities and watch the road ahead. All riders must follow the DCC Rider Guidance as far as reasonably practicable. Riders should wear an EN standard cycle helmet for DCC group rides. 	Public					
6	Impact injuries caused by falling from bike following contact with other riders in a group	<ul style="list-style-type: none"> Guidance on safe group riding available to all members. All riders to be conversant with group ride calls, hand signals and warnings and ensure that these calls are passed along the line Concentrate at all times and anticipate changing road conditions Groups may be split at start to reduce numbers of riders in group. Participants must ride within their own abilities and watch the road ahead. All riders must follow the DCC Rider Guidance as far as reasonably practicable. Riders should wear an EN standard cycle helmet for DCC group rides. The use of all tri-bars or clip-on's is strictly banned from all club group rides. 	Club members Prospective members (guests) Members of affiliate clubs Member of Public	M	L	L	✓	
7	Pre-existing medical condition causing ill health during event	<ul style="list-style-type: none"> All riders to self-declare their own health and fitness to participate in club events to the Ride Leader or accompanying rider. All riders must follow the DCC Rider Guidance as far as reasonably practicable. In the event of a medical emergency assistance 	Club members Prospective members (guests)	L	L	L	✓	



		is to be called by dialing 999.	Members of affiliate clubs					
8	Impact injuries caused by falling from bike following encounter with horse or other animal	<ul style="list-style-type: none"> • Guidance on safe group riding available to all club members which includes actions to be taken when encountering horses and other animals. • Groups may be split at start to reduce numbers of riders in group. • Riders need to ride especially carefully when dogs are not on leads. • Riders at front of group to be observant of such hazards and shout warnings to the group • Participants must ride within their own abilities and watch the road ahead. • All riders must follow the DCC Rider Guidance as far as reasonably practicable. • Riders should wear an EN standard cycle helmet for DCC group rides. • The use of all tri-bars or clip-on's is strictly banned from all club group rides 	Club members Prospective members (guests) Members of affiliate clubs Horse Riders	L	L	L	✓	
9	Injuries caused by impact from car while repairing puncture or fault on bike	<ul style="list-style-type: none"> • Guidance on safe group riding available to all club members which includes actions to be taken when stopping on the route. • Groups may be split at start to reduce numbers of riders in group. • Participants must ride within their own abilities and watch the road ahead. • All riders must follow the DCC Rider Guidance as 	Club members Prospective members (guests) Members of	L	L	L	✓	



		<p>far as reasonably practicable.</p> <ul style="list-style-type: none"> • Riders should wear an EN standard cycle helmet for DCC group rides. • Ride leaders to avoid major roads with high numbers of large vehicles where possible. • Find a location sufficiently off the road for the group to wait safely while attending to the bike repairs. • Consider using person(s) at strategic points to warn oncoming traffic. • Each rider to carry tools and spares appropriate to their bike. Recommended equipment is listed on British Cycling Web Page and in DCC Rider Guide. 	<p>affiliate clubs</p> <p>Member of Public</p>					
10	Muscle strain or cramp caused by physical condition	<ul style="list-style-type: none"> • All riders must follow the DCC Rider Guidance as far as reasonably practicable. • All riders to self-declare their own health and fitness to participate in all club rides and events. • Riders have responsibility for ensuring that they carry sufficient food / drink / energy gels for duration of ride. The ride leader will plan appropriate café and refreshment stops or state that none are planned in the advance information and at the briefing. • Riders to carry money to purchase food / drink. • If during a club group ride you (or you observe someone) become significantly fatigued or unwell, inform the Ride Leader immediately. • In the event of a medical emergency assistance is to be called by dialing 999 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p>	L	L	L	✓	



11	Injuries caused by impact from car while dealing with fallen rider.	<ul style="list-style-type: none"> • Guidance on safe group riding available to all club members which includes actions to be taken when stopping on the route. • Groups may be split at start to reduce numbers of riders in group. • Participants must ride within their own abilities and watch the road ahead. • All riders must follow the DCC Rider Guidance. • Riders should wear an EN standard cycle helmet for DCC group rides. • Ride leaders to avoid major roads with high numbers of large vehicles where possible. 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p> <p>Member of Public</p>	L	L	L	✓	
12	Injuries caused by impact with pedestrian in road	<ul style="list-style-type: none"> • Riders must give pedestrians priority and ride at a safe speed. • On approach to a pedestrian from behind, riders must slow and warn that bikes are passing if this is necessary. • Guidance on safe group riding available to all club members • Groups may be split at start to reduce numbers of riders in group. • Participants must ride within their own abilities and watch the road ahead. • All riders must follow the DCC Rider Guidance. • Riders should wear an EN standard cycle helmet for DCC group rides. • The use of all tri-bars or clip-on's is strictly banned from all club group rides. 	<p>Club members</p> <p>Prospective members (guests)</p> <p>Members of affiliate clubs</p> <p>Pedestrians</p>	L	L	L	✓	



13	Collision and impact due to poor visibility and during the hours of darkness.	<ul style="list-style-type: none"> All riders to use road legal lighting during lighting up hours and wear bright clothing. Rear lights should be set on Group Ride Mode (non-flashing and low intensity) to prevent distraction and 'blinding' of riders behind 	L	L	L	✓		
14	Collision and impact due involving new or guest riders	<ul style="list-style-type: none"> All guest riders to introduce themselves to the Ride Leader. Ride Leaders should look out for new riders attending the ride for the first time so to discuss the planned ride with the guest rider along with their ability and experience prior to the group setting off on the ride. Club Members bringing a guest or new rider should make sure in advance that the rider is reasonably competent to take part in the ride planned. They should also introduce the Guest or New Rider to the Ride Leader and Group to make them feel welcome. 	L	L	L	✓		
15	Foreign object to riders eye – insects, gravel, rain, mud etc.	<ul style="list-style-type: none"> Each rider to consider wearing suitable eye protection to protect against insects, rain, sunlight and mud flicking up from their own bike and bikes in front. All riders are requested to fit mudguards when it is probable that conditions will be poor – for instance during the winter months. 	L	L	L	✓		



Incident Reporting:

- In the event of a significant incident or significant near miss, the Ride Leader should complete the British Cycling incident reporting form and present this to the Club Secretary. This should be considered, and any action required discussed, agreed and taken. The Risk Assessment will then be updated if appropriate.
- We welcome feedback on our rides, and as well as knowing what goes well, Ride Leaders welcome riders raising thoughts or concerns that could improve the risk assessment.
- All riders are required to read and understand DCC Rider Guidance document before joining a DCC group ride.
- All rider leaders are required to read and understand DCC Ride Leader Guidance document before leading a DCC group ride.

Standard disclaimer (road)

Riders must be aware that cycling is an activity that carries an element of risk, and that it is their responsibility to decide if they are capable of joining the ride. Bikes must be in a safe working condition and helmets must be worn. Riders should make their own choice about clothing based on the conditions and forecast. It is recommended that riders carry a First Aid kit, especially if they have received training. Admin and event hosts cannot be held responsible for riders' safety.