



Risk Assessment Form - Ystwyth Cycling Club Chaingang – Borth Circuit 2019

Ystwyth Cycling Club - Risk Assessment Introduction

Duties of Care

As a **Committee Member and/or Ride Co-ordinator**, you have accepted the responsibility of co-ordinating others. You owe them a duty of care to ensure that they are not exposed to a foreseeable risk of injury, as far as you reasonably can. If you accept a position, you are likely to agree to carry out certain functions, which may affect the safety of others both inside and outside the club. You are accepting responsibility and you must fulfil those duties to the best of your ability without negligence. That is, you must not create a foreseeable risk of injury and you must take reasonable steps to deal with any foreseeable risk of injury, which exists or arises.

For example:

- If you are a **Committee Member**, you must implement, discharge, communicate and review the clubs safety policy, risk assessments, training requirements etc.
- If you are a **Ride Co-ordinator**, you have agreed to co-ordinate a ride and you must take reasonable measures to see that the ride is as safe as it can be.

It is also important to note that individual **Members of the club** have a duty of care not only to themselves but to members of the public and to the persons with whom they are riding. i.e. The duty of care requires you to consider the consequences of your acts and omissions and to ensure that those acts and/or omissions do not give rise to a foreseeable risk of injury to any other person.

In summary

Reading this you may be thinking '*this is scary I am never going out on my bike again*'. However, as stated earlier, most of this is common sense and is action that we already undertake. The key word in all of this is REASONABLE. Clearly, one is not expected to guarantee the safety of others, merely to act reasonably.

Importantly, please respect the Ride Co-ordinators. Without them, club rides would not be possible. Listen to the briefings, pay attention whilst on the road and feel free to contribute to the end of ride.

Anita Saycell
25/02/2019

If you have any questions/comments/ideas do not hesitate to contact a member of the committee or co-ordinator.


All riders are reminded that they are responsible for their own safety, individuals take part in any group activities at their own risk. We strongly urge all riders to obtain appropriate 3rd party insurance as a minimum.

It should be noted that no liability shall be attached to the Ystwyth Cycling Club (including its officials and members) for any injury, loss or damage suffered.



Club Official and Riders	
Name of group/activity:	Chaingang – Borth Circuit
Description:	<p>Mid-week fast paced ride. The Chaingang involves riding in a small group (around 6 riders), with the fastest paced groups leaving first. Riders take short turns on the front before moving over to allow the next rider to come through. The aim is to keep the pace consistent and smooth.</p> <p>Environment: On Road - Tarmac surface</p>
Date/time of activity:	<p>Every Thursday evening (April – May)</p> <p>Leaving from Plascrug Leisure Centre, Aberystwyth at 6pm to ride out to the start of the Borth Circuit to meet for 6.20pm at Rhydypennau Garage in Bow Street.</p> <p>Aiming to return to the end of the ride at Rhydypennau School layby in Bow Street approximately 7pm.</p>
Riders:	<p>Estimated Numbers: Normally between 10 – 25 riders</p> <p>Ability: Mixed ability - road cyclists only</p> <p>Age: 14-17 with parental consent, 18+ adult participants</p> <p>Members of the Ystwyth CC and non-members invited to participate by the club with a view to them becoming members.</p>

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Club Co-ordinators:	The co-ordinators will be decided on the evening. There is a pool of experienced riders that take it in turns to co-ordinate. The general contact is the committee ystwythcc@gmail.com .
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Route: Ride out to Borth Chaingang Circuit https://www.strava.com/routes/7371474 Ride out from Plascrug Leisure Centre to Bow Street via the A44 – Lovesgrove – Bow Street - Rhydpennau Garage in Bow Street.			
Location of Hazards/technical sections/junctions/roundabouts	Photo	Risk Level	How to Minimise Risk
Llanbadarn Road/ Penweddig School roundabout - right turn		Low	Riders to slow down and be aware of traffic behind and from all junctions and be prepared to stop. Riders to clearly indicate they are turning right.

<p>Llanbadarn Fawr mini roundabout - left turn</p>			<p>Medium</p>	<p>Riders to slow down and be aware of traffic from behind and other junctions and clearly indicate they are turning left at the roundabout and be prepared to stop.</p>
<p>Llanbadarn Fawr mini roundabout right turn</p>			<p>Medium</p>	<p>Riders to slow down to be aware of traffic from behind and other junctions and clearly indicate they are turning right across the roundabout and be prepared to stop.</p>

<p>Lovesgrove roundabout - left turn</p>		<p>Low</p>	<p>Riders to slow down and be aware of traffic from behind and other junctions and clearly indicate they are turning left at the roundabout and be prepared to stop.</p>
<p>T-junction with A487 right turn to Bow Street</p>		<p>Medium</p>	<p>Riders to be aware of traffic from behind and clearly indicate they are turning right. Awareness of approaching cars from both ways on the A487 and to be prepared to stop if necessary.</p>

Left turn into Rhydypennau Garage in Bow Street		Low	Riders to be aware of traffic from behind and turning in and out of the Garage entrance. Riders to clearly indicate they are turning left and take the turn at appropriate speed.
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Route:



Borth Chaingang Circuit <https://www.strava.com/routes/7371469>

Circular clockwise route from Rhydypennau Garage in Bow Street on the B4353 through Borth – turning south onto the A487 through Taliesin - Tal-y-bont and returning back to Bow Street to regroup and finish the ride at Rhydypennau School layby.

Location of Hazards/technical sections/junctions/roundabouts	Photo	Risk Level	How to Minimise Risk
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<p>Left turn from Rhydypennau Garage in Bow Street onto the B4353 west towards Borth</p>		<p>Low</p>	<p>Riders to ensure there are no oncoming vehicles before pulling out from Rhydypennau Garage onto the B4353.</p>
<p>Give Way traffic furniture – speed bump and kerbs jutting into the road.</p>		<p>Medium</p>	<p>Riders to be aware of the kerb and speed bump. The rider in front to ensure that appropriate and timely hand signals are used to indicate the hazard. Oncoming cars have the right of way and riders need to be prepared to slow down or stop.</p>

<p>Parked Cars in Llandre on the left hand side.</p>		<p>Medium</p>	<p>Riders to be aware of the parked cars on the left through Llandre and the rider in front to ensure that appropriate and timely hand signals are used to indicate the hazard and to move out to pass. Riders also need to be aware of ongoing cars approaching and cars behind and be prepared to slow down or stop to give way to oncoming vehicles.</p>
<p>Give Way traffic furniture – speed bump and kerbs jutting into the road.</p>		<p>Medium</p>	<p>Riders to be aware of the kerb and speed bump. The rider in front to ensure that appropriate and timely hand signals are used to indicate the hazard. Oncoming cars have the right of way and riders need to be prepared to slow down or stop.</p>
<p>Poor road surface approaching Borth</p>		<p>Medium</p>	<p>Riders to be aware of the poor road surface approaching Borth and the rider</p>

				in front to ensure that appropriate and timely hand signals are used to indicate the road hazards.
Junction on left hand side before Dol-y-bont			Low	Riders to be aware of vehicles turning left or pulling out from the junction and be prepared to slow down, move out or stop if necessary. The riders to ensure where possible appropriate and timely hand signals are used to indicate the road hazards.
Entrance/Exit to Brynowen Caravan Park			High (Summer Season) Low (out of summer season)	Riders to be aware of vehicles turning left or pulling out from the Brynowen Caravan Park entrance and be prepared to slow down, move out or stop if necessary. The riders to ensure where possible appropriate and timely hand signals are used to indicate the road hazards.

<p>Right turn at Borth mini roundabout</p>				<p>Medium</p>	<p>Riders to adjust their speed approaching the roundabout and to be aware of traffic from behind and clearly indicate they are turning right. Riders to be aware of approaching cars from all the roundabout exits and be prepared to stop if necessary.</p>
<p>Borth mini roundabout to Borth Youth Hostel – Busy area with pedestrians crossing, parked cars, vehicle doors opening</p>				<p>High (Summer Season) Low (out of summer season)</p>	<p>Riders need to ease off their speed for this section and cease group rotation and to indicate any hazards with timely hand signals and be prepared to slow down or stop if necessary.</p>

				
Following the B4353 round to the right at Ynyslas – gravel and vehicles			Low	Riders to be aware of vehicles around them at the junction and be prepared to slow down or stop if necessary. Riders to indicate any loose gravel on the road with timely hand signals.

<p>Railway crossing on the B4353 with expected train passing through around 18:45 (departs Borth 18:45)</p>				<p>Low</p>	<p>Riders to be aware of the alarm, lights and barriers closing/opening when approaching and be prepared to slow and stop and provide timely hand signals to indicate a change in speed to rides below.</p>
<p>Railway crossing on the B4353 – metal embedded rail tracks in road</p>				<p>Low</p>	<p>Riders to indicate the hazard with timely hand signals to each other in the group.</p>
<p>Right turn at the junction with the A487 at Tre'd-dol</p>				<p>Medium</p>	<p>Riders to slow down approaching the junction and clearly indicate they are turning right and be prepared to stop. Riders to be aware of cars approaching from both directions.</p>

<p>Traffic and pedestrians crossing in Taliesin</p>		<p>Medium</p>	<p>Riders should be prepared to cease group rotation through the village and be prepared to slow the pace, and if necessary stop, if cars have slowed in front of the riders or cars are overtaking and approaching towards them. Riders to provide timely hand signals to warn they are slowing or stopping.</p>
<p>Traffic and pedestrians crossing in Tal-y-bont</p>		<p>Medium</p>	<p>Riders should be prepared to cease group rotation through the village and be prepared to slow the pace, and if necessary stop, if cars have slowed in front of the riders or cars are overtaking and approaching towards them. Riders to provide timely hand signals to warn they are slowing or stopping.</p>

Vehicles pulling out onto the A487 in front of riders			Low	Riders to reduce their speed and to be aware of vehicles pulling out from the junction on their right.
Left turn into Rhydypennau School layby			Low	Riders to be reduce their speed and be aware of traffic from behind and to clearly indicate they slowing and are turning left.


Approximate route length:	Ride out to Chaingang – 11.2km https://www.strava.com/routes/7371474 Borth Chaingang Circuit - 21.8km https://www.strava.com/routes/7371469
Approximate height gained:	Ride out to Chaingang – 138m

	Borth Chaingang Circuit - 232m
Other potential users of route:	Cars, occasional horse rider(s), other cyclists.
Emergency Communication	
How will you communicate with appropriate people/organisations in an emergency?	Riders to carry ICE number on them. Riders and co-ordinator to carry mobile phones to contact emergency services (999) if needed.
If using a mobile phone, can you get adequate signal on the route?	If in an emergency a 999 call cannot be made due to lack of signal then the nearest house to be located to request use of landline, or a nominated small group of riders to continue to an area with better signal to call emergency services.

First Aid	
Name of first aider:	Name Telephone Number (Ride Co-ordinators awaiting First Aid training – 25/03/2019)
Location of first-aid:	
First-aid kit available*	Yes <input type="checkbox"/> No <input type="checkbox"/>
* It is the first aider's responsibility to ensure the first aid kit is adequately stocked and maintained at all times.	

Person Conducting the Risk Assessment	
Date of risk assessment:	25 th February 2019 (Next review due: September 2019)
Name:	Anita Saycell 0780 778 9570 anitasaycell@gmail.com

Anita Saycell
25/02/2019

Signature:	
Date:	25 th February 2019

Risk Assessment								Review and Implement
ID	Location of hazard	Description of hazard	People at risk	Level of risk	Advice on hazard required?	Resolution/action	Resolution/action implemented by	Dated reviewed/implemented
1	Environment – adverse weather conditions	Potential to affect riding surfaces and clothing requirements	Riders	Medium	Yes If yes, who can advise? Ride Co-ordinator	Current forecast checked, advice given on appropriate gear and clothing. Prevailing weather conditions to be explained at pre-ride briefing. Clothing to be checked immediately prior to ride for appropriateness and security. Have alternative routes in mind, modify/shorten/cancel ride if necessary.	Ride Co-ordinator	25/02/2019

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25/02/2019

2	Environment – riding surface and obstacles	Potential of poor riding surface or obstacles to cause fall or collision	Riders	Medium	Yes If yes, who can advise? Ride Co-ordinator	Pre-ride briefing to include check that all riders understand the ride protocols. Group trained to cope with identified hazards. Give group clear instructions on speed, formation road positioning, spacing, signals and communication. Experienced riders deployed appropriately throughout the group.	Ride Co-ordinator	25/02/2019
3	Rider & Equipment – Mechanical breakdown	Potential failure of equipment or puncture.	Riders	Low	No If yes, who can advise? Local bike shop can help in ensuring bikes are maintained correctly. Also Roadside Workshops offered at beginning of year.	Pre-ride general inspection by all members to ensure their bicycle is well maintained and suitable for the proposed ride. Bikes maintained adequately for intended ride. Riders to carry out checks prior to the ride. Riders to carry spares and tools to fix common roadside issues e.g. punctures	Riders	25/02/2019
4	Rider & Equipment – Fall from cycle	Potential fall from cycle as a result of poor road surface, obstacles, concentration or skill level.	Riders	Medium	Yes If yes, who can advise? Ride Co-ordinator, along with guidance	Pre-ride briefing to include check that all riders are understand the ride protocols. Fastest groups depart first in groups of around 6 riders. Riders wearing	Ride Co-ordinator	25/02/2019

					published on the club website and regularly publicised by Club Secretary.	suitable and properly adjusted helmets. Experienced riders deployed appropriately throughout the group to assist newer and less experienced riders. Give group clear instructions on speed, formation road positioning, spacing, signals and communication.		
5	Rider & Equipment – Collision between two or more riders	Potential collision between two or more riders as result of poor road surface, obstacles, concentration or skill level.	Riders	Low	Yes If yes, who can advise? Ride Co-ordinator, along with guidance published on the club website and regularly publicised by Club Secretary.	Pre-ride briefing to include check that all riders understand the ride protocols. Fastest groups depart first in groups of around 6 riders. Clear instructions on spacing, particularly when going downhill or on narrow or busy roads; communication with others in group, verbally and with hand signals. Clear navigational directions communicated to all riders. Experienced riders deployed appropriately throughout the group.	Ride Co-ordinator	25/02/2019
6	Rider & Equipment – Traffic accident	Potential collision with other traffic on the road.	Riders, members of the public	Low	Yes If yes, who can advise?	Pre-ride briefing to include check that all riders understand the ride protocols. Fastest groups depart	Ride co-ordinator	25/02/2019

					Ride Co-ordinator, along with guidance published on the club website and regularly publicised by Club Secretary.	first in groups of around 6 riders. Clear instructions on speed, formation, spacing, signals and communication. Group briefed on problems of road sections and of dangers presented by others (e.g. vehicles, pedestrians, animals and other cyclists). Communication with others in group, verbally and with hand signals. Any large groups riding out from Plascrug to Bow Street will need to divide into smaller groups to aid vehicles passing. Groups to be divided for the Chaingang around 6 riders to aid vehicles trying to pass. Experienced riders deployed appropriately throughout the group.		
7	Rider & Equipment – Road layout	Potential risk of narrow lanes, tight bends, descents and road junctions	Riders, members of the public	Medium	Yes If yes, who can advise? Ride Co-ordinator, along with guidance published on the club website and	Give group clear instructions on speed, formation road positioning, spacing, signals and communication. Fastest groups depart first in groups of around 6 riders. Brief group on dangers presented by others e.g. vehicles,	Ride co-ordinator	25/02/2019

					regularly publicised by Club Secretary.	pedestrians, animals and other cyclists. No group rotation in busy areas. Experienced riders deployed appropriately throughout the group.		
8	Rider & Equipment – Medical Emergency	Potential of rider to need medical attention while on ride.	Riders, Ride Co-ordinator	Low	Yes If yes, who can advise? Ride Co-ordinator	Pre-ride briefing to include check that all riders understand the ride protocols. Any Medical Conditions to be disclosed to the co-ordinators before the ride. Riders advised to carry ICE number on them. Ride Co-ordinators to carry contact numbers of under 18's parents/guardians. Regular co-ordinators awaiting first aid training. First Aid procedures to be carried out as a priority and the ride abandoned if necessary.	Riders, Ride co-ordinator	25/02/2019
9	Rider & Equipment - Group separation/ missing group member(s) / Navigational error	Potential of a rider(s) taking an incorrect turn and becoming lost.	Riders, Ride Co-ordinator	Low	Yes If yes, who can advise? Ride Co-ordinator, along with guidance published on the club website and	Pre-ride briefing to include check that all riders understand the ride protocols. Riders to be familiar with the published route before the ride. Riders under 18 years need a nominated rider to ensure they are not left on their own. All	Riders, Ride co-ordinator	25/02/2019

					regularly publicised by Club Secretary.	missing riders to be reported to ride co-ordinators. Missing riders to be located by retracing the route if necessary. Any rider planning on not returning back to Bow Street should let the co-ordinator know at the briefing.		
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