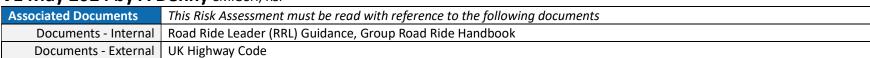
Stirling Bike Club

Group Riding Risk Assessment

V1 May 2024 by A Denny CMIOSH, RSP



Prior to Ride				
Hazard (pre-ride)	Description	At Risk	Controls	Expected Behaviours
 Unsafe bike Unsuitable clothing Lack of experience Lack of fitness 	Individual's ability or lack of knowledge of equipment & riding ability may cause an issue during the ride	All riders	 Pre-posted route on Spond Ride organiser briefing Guidance from other riders Pre-ride communications Individual ability & learning Cycling Helmet Mandatory (EN 1078 minimum standard) 	 The individual must communicate with the ride organiser & clarify any lack of experience / ability before the ride begins The individual must ensure their bike is in safe working order (working front & rear brakes; bar end-plugs fitted; bolts & fixings secure) Individuals must always bring suitable hydration (e.g. a water bottle) on rides The ride organiser may assign a 'buddy' for the ride Ride organiser should check that each rider has suitable clothing / equipment / helmet for safety
Chosen route Size of group Group rules / etiquette Expected weather Known hazards	The posted route may change due to the formation of the group, weather conditions or incidents.		 Route pre-posted on Spond Rider names / numbers on Spond Club established road etiquette Pre ride Road organiser briefing SBC speed guidelines for groups must not be exceeded 	 The ride organiser should assess the route for known hazards, expected weather & brief the group accordingly The ride organiser must brief on etiquette & may split the group if too large (max. 16) or rider abilities are too varied All riders are expected to follow club etiquette and ride leader instructions The ride organiser may decide to amend the ride due to conditions or rider behaviours

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	During Ride				
Hazard (ride)	Description	At Risk	Controls	Expected Behaviours	
Fixed road hazards	Road furniture (bollards, road narrowing etc.)	All riders	 All fixed road hazards should be adequately signposted to Traffic Signs Regulations 2016 Front riders standard calls & signals when approaching hazards 	 Even where cyclists have right of way, be prepared for oncoming traffic Front riders must shout out / indicate upcoming hazards via hand signals Front riders slow group down, halt if required, in good time & taking group size and experience into account When merging into traffic, group may have to split – allow time for group to re-establish 	
	Junctions				
	Roundabouts				
Variable road hazards (urban)	Parked vehicles	All riders	 Ride organiser should plan route to avoid congested areas / times and check for any planned roadworks etc. SBC agreed signals / shouts for upcoming hazards 'Single up' shout should be used sparingly, especially in urban environments 	 Dynamic assessments of traffic situations required by lead riders of the group giving shouts / signals of upcoming hazards All riders must be aware of vehicle hazards especially in built-up environments – vehicle doors opening into traffic, lack of signals from vehicles, sudden changes in direction 	
	Traffic congestion				
	Roadworks				
	Broken road surface				
	Vehicles loading / unloading				
Variable road hazards (country)	Trails & paths	All riders, pedestrians	 Ride organiser should survey trails for suitability before ride Avoid peak times / public holidays on popular walking trails Ride organiser should advise on general condition of trails and highlight fixed hazard Generally, ride in single file and allow more space between riders 	Speed should be reduced on trails Be aware of debris, loose surfaces, roots etc	
	Mud etc. on road				
	Horses, dogs etc. on road / path			 When approaching other users, reduce speed and give a warning Slow down around loose dogs Reduce speed and communicate with rider / handler to minimise animal fright 	
	Farm machinery			Ensure driver has sight of riders, visibility may be restricted in farm vehicles	

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	Heavy rain	All riders	 Ride organiser to check weather forecast day prior to ride & cancel ride on Spond if required Ride organiser to check weather prior to ride and amend route / delay start / cancel ride dependant on conditions 	 Mudguards compulsory for wet weather riding (full length preferred) Ride organiser to check that all riders have suitable adverse weather gear (waterproof jacket, gloves hat etc. Ride organiser should check that all riders have suitable lights / hi-viz equipment for riding in conditions of poor visibility
Variable weather conditions	Snow / ice			
	Fog / poor visibility			
	Individual fall	All riders, pedestrians	 Ride organiser may be first aid trained, recommended to carry space blanket Mobile phones available If serious, police should be called & any witnesses identified 	Dynamic assessment of situation, take into account Severity of issue / injury Ability to ride on / complete route Local environment, weather etc. Emergency services access Riders not left alone if rescue required
Collision	Bike/bike collision			
	Bike/car collision			
	Bike/other collision			
Mechanical breakdown	Bike unfit to continue ride / speed or safety impaired	All riders	Ride organiser encourages individual bike check pre-ride	 Individuals encouraged to carry basic repair equipment & maintain their bike Normally expertise within group for basic repairs Riders not left alone if rescue required
Rider health issue	Rider unable to continue ride / ability impaired	All riders	 Ride organiser may be first aid trained, recommended to carry space blanket Mobile phones available Seek local assistance if required If serious, ambulance should be called 	Dynamic assessment of situation, take into account Severity of issue Ability to ride on / complete route Local environment, weather etc. Riders not left alone if rescue required Emergency services access Seek shelter / assistance from locals

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Version History

Version	Date	Reason for Issue
1.0	Sep 2024	Initial version adopted by Club



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