

<b>Risk Assessment:</b> Club led cycling in an open road setting	<b>Location:</b> All open road routes used for an Alnwick Triathlon Club session
<b>Completed by:</b> Tania Conway <b>Date Completed:</b> April 2026 <b>Reviewed by:</b> SBR Leaders	

Venue:	Open road setting (England)	Venue Contact Name & Contact Details:	n/a
Address: (Include postcode)	Meeting place to be communicated prior to session. Meeting place to have adequate parking and a safe area to prepare bikes.		
Group:	Members of Alnwick Triathlon Club only	Location of first-aider:	n/a
Date:	Communicated prior to session	Location of Defibrillator	n/a
Time:	Communicated prior to session	Location of telephone:	Cyclists to carry mobile phones with them
Participants:	Number:	Location of toilets:	n/a
	Age:	Location of changing rooms:	n/a
	Ability:	Location of first-aid kit:	
Lead coach name:	Uncoached. Each group will have a leader who knows the route and checks the group stays together.	Stocked and maintained:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Venue documents read and understood	Normal operating procedures: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Additional notes:	



Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium /Low):	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
			<ul style="list-style-type: none"> <li>• Recommend the wearing of suitable eye protection</li> <li>• Mudguards are recommended during the winter months</li> <li>• Carry mobile phone and ICE details</li> <li>• Recommend wearing an ID bracelet with particular medical details if relevant</li> </ul>			
Insufficient Food / Drink	Athletes	L	<ul style="list-style-type: none"> <li>• Riders have responsibility for ensuring that they carry sufficient food / drink / energy gels for duration of ride</li> <li>• Carry money to purchase food / drink</li> </ul>	Athletes	L	28/4/2026
Physical condition of rider not suitable for the ride	Athletes	M	<ul style="list-style-type: none"> <li>• Riders to ensure they are aware of the distance / pace of the ride to be undertaken and are of a sufficient level of fitness to complete the ride</li> <li>• Do not start any ride if you are feeling unwell or do not think you are able to complete it</li> <li>• If during a ride you become unwell, inform the leader immediately.</li> </ul>	Athletes	L	28/04/2026
Group Size / Rider Experience: accident, traffic problems	Athletes	L	<ul style="list-style-type: none"> <li>• Large groups of cyclists pose a hazard due to difficulty in overtaking by other road users; groups should comprise of maximum 10 cyclists. In traffic it is important to split into smaller groups ideally less than 5 – leaving a suitable gap between each group</li> <li>• Any riders new to a club ride should identify themselves to the leader and consideration should be given to allocating a buddy.</li> <li>• Be familiar with the Highway Code</li> </ul>	Athletes & Leader	L	28/4/2026

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Insufficient Communication leading to accident or lost riders	Athletes	M	<p>Routes are available on the club website as pdf and gpx.</p> <p>Briefing to include:</p> <ul style="list-style-type: none"> <li>• An overview of the route, any café stops, likely duration and distance</li> <li>• Any known route hazards, diversions or other considerations</li> <li>• Any issue relevant to the weather (in particular wind, frost and ice).</li> <li>• The standard hand signals and calls used within the group</li> <li>• The pace of the group</li> </ul>	Athletes & Leader	L	28/04/2026
Collision / Accident with other cyclist	Athletes	M	<ul style="list-style-type: none"> <li>• Ensure cycle is properly maintained (see above)</li> <li>• All riders to be conversant with group ride calls, hand signals and warnings and ensure that these calls are passed along the line</li> <li>• Ride smoothly and consistently, be aware of those around you and do not brake without warning</li> <li>• Concentrate at all times and anticipate changing road conditions</li> <li>• When negotiating unforeseen road conditions (such as potholes) riders should be aware that their actions impact on others</li> <li>• Ride slightly behind and to one side of the wheel in front and with sufficient safe gap if not confident/competent to ride immediately behind the wheel in front.</li> <li>• Do not let your front wheel overlap that of the rear wheel of the bike in front</li> </ul>	Athletes & Leader	L	28/04/2026

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Collision / Accident with motor vehicle or other road users	Athlete and other road users	H	<ul style="list-style-type: none"> <li>• Riders will conform to the Road Traffic Act and follow the advice of the Highway Code at ALL times.</li> <li>• Riders will obey all traffic signals and signs.</li> <li>• At times of poor visibility wear bright clothing</li> <li>• Working front and rear cycle lights are strongly recommended.</li> <li>• All riders to continually assess traffic conditions, driver attitudes and carry out dynamic risk assessments. e.g. get off and walk / use a pedestrian crossing if you have to cross a major road.</li> <li>• Should the need to stop arise e.g. through puncture, breakdown etc then a place must be found sufficiently off the road to allow safe passage of traffic.</li> <li>• Consider using person(s) at strategic points to warn oncoming traffic of any obstruction.</li> <li>• Riders to warn of approaching vehicles using known calls.</li> <li>• Riders must have Personal Liability insurance in place.</li> </ul>	Athletes & Leader	L	28/04/2026
Medical incident  Dehydration, Heat stroke, Hyperthermia, Fibrillation	Athletes	M	<ul style="list-style-type: none"> <li>• Each rider needs to self-assess if they are fit enough to join a club ride and inform the leader of any limitations</li> <li>• Riders need to carry their own medication and inform others if their assistance may be required i.e. EpiPen or Insulin</li> <li>• Each rider to ensure they have enough water.</li> </ul>	Athletes	L	28/04/2026

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Accident: Falling off	Athletes and coach	M	<ul style="list-style-type: none"> <li>• Pay close attention to the road surface at all times and dynamically risk assess any changes identified. e.g consider dismounting to cross a ford.</li> <li>• Beware during windy conditions.</li> <li>• Be aware of the calls / warnings in relation to changes in surface such as potholes and use / pay attention to these warnings.</li> <li>• Only ride at a speed at which you are competent / confident particularly on descents.</li> <li>• Ice on the roads should be brought to the attention of the group immediately</li> </ul>	Athletes	L	28/04/2026
Stopping	Athletes	M	<ul style="list-style-type: none"> <li>• Always choose a safe place to stop as a group, and in particular avoid road junctions, bends and other physical road hazards.</li> <li>• Warn riders before stopping and keep the carriageway clear.</li> <li>• In the event of punctures, breakdowns etc clear the carriageway if possible, or group leader to instruct the group to continue to a safe waiting place.</li> </ul>	Athletes & Leader	L	28/04/2026
Passing horses and animals	Athletes and public	L	<ul style="list-style-type: none"> <li>• On approach to a ridden horse, the lead rider should warn the horse and horse rider by verbal communication.</li> <li>• Give the horse plenty of room and pass by slowly.</li> <li>• Heed any advice given by horse rider.</li> </ul>	Athletes	L	28/04/2026

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Hazards specific to the route	Athletes	H	<ul style="list-style-type: none"> <li>• Specific hazards on the route such as dangerous junctions, railway crossings and particularly bad road surfaces will be noted in the PDF version of the route on the website that all riders should be familiar with</li> </ul>	Athletes and Leader	L	28/04/2026
Road Closures / Events or heavy traffic on the roads	Athletes	L	<ul style="list-style-type: none"> <li>• Although the route is pre-planned the rider may need to change the route if a road is closed or if there is an event happening on the road or for unexpectedly heavy traffic. In such circumstances the Leader will undertake a dynamic risk assessment and ensure the whole group understands the route has changed and knows the new route. Extra care needs to be taken to ensure the group stays together.</li> </ul>	Leader and athletes	L	08/05/2026

**Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):**

n/a