

Leek Cyclist Club Social Rides Risk Assessment

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Leek Cyclist Club wants riders to gain maximum enjoyment from their group rides whether highly energetic or social. All riders do so at their own risk, but being aware of the risks and how to reduce the risks will help keep them and others safe.

Social Rides,

When joining a club ride it is that person's responsibility to understand what type of ride the group is undertaking. Some of the considerations are - distance, terrain, weather, their ability.. Other risks and ways to reduce the risk are listed below.

Crash accidents causes-

Pot hole, loose chippings, obstacles
Riding too close to the rider in front, overlapping wheels
Braking too fast
Other road users, horses, pedestrians
Mechanical fault
Poor visibility, night time or fog
Stopping at inappropriate places
Dangers with vehicles (cars, buses, lorries)

Crash accidents control measures-

Ensure all riders wear a helmet
Recommend the wearing of gloves
Avoid busy roads or roads known to have danger issues
Ride appropriate to the conditions, extra care on descents
Practice riding in a group
Wear bright clothes and lights when needed
Slow down for any danger, horses, pedestrians, junctions, etc
Maintain bike in a good condition
Follow the Highway Code
Listen to other riders calls and comments
Give and ask for advice from other riders
If you or your group need to stop find a safe place off the road
Talk to any new members to the group letting them know what to expect

Vehicles present a major problem for cyclists, and how you and your group ride have an effect on that danger. The group should work together to reduce the risk by -

Keeping the group close together/tidy, particularly on major roads
Riding straight and steady, not swerving on the road
Wearing bright clothes and lights when needed
Making other riders aware of approaching cars

Pulling off the road to allow cars to pass, if somewhere appropriate

Problems during a ride-

fault with bike
Hyperthermia
Dehydration
medical issue
Inclement weather
Rider fatigue
Getting lost
Route blocked

Reducing problems on a ride-

Maintain Bike
Consider details of the ride
Check the weather forecast
Take appropriate clothing, drinks, food, money
Make group aware of any issues you have
Mobile phone advisable
Keep lookout for your fellow riders
Change route if needed
Spare tube, tyre levers, pump, multi tool, are the minimum tools required

Groups can become separated for several reasons-

Riders riding at different speeds
Riders not seeing which way the group in front went
Mechanical fault
Accident
Rider choosing to leave the group
rider/bike unable to carry on

All riders on a social ride should try to keep the group safe and together, if you know someone behind you has an issue, you should slow down, wait or go back.

There are times when a rider wishes to leave the group or is unable to stay with the group, they should let the group know their intention. The group should consider their safety before letting them continue on their own.

