

Leek Cyclist Club Training 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.

As and when members wish to, they may propose a training cycle ride (chaingang, through and off, thrash). This type of ride is for the riders to get a good workout, and is where the riders work together taking turns to lead the group, and so keeping the pace quite high. Riders will organise a group where their ability is similar.

All the risks posed in the social ride risk assessment (please read) are the same for this type of ride, but because of the extra speed and riding close to each other, extra care and alertness is needed.

There are various ways the riders can rotate giving each rider a turn on the front, and the lead rider in the group will decide and explain to any riders not familiar with that system.

It is not uncommon for this type of ride group not to wait for others if they are unable to keep up. So any rider joining these groups must be able to manage independently if they find themselves dropped.

The lead riders should give clear warning of any potholes. Any warnings should be shouted down the line, communication is crucial.

Braking: Care is needed when riding in a tight group.

Avoid staring at the rear wheel in front, as you won't be able to see oncoming situations. Look past the rider in front of you and look up the road as much as possible.

Don't surge at the front!

Ride smoothly, keep the group together... The best chain gangs have the smoothest riders.

These type of rides are recreational, follow the highway code and do not take unnecessary risks

Leek Cyclist club take no responsibility for the safety of any rider following these instructions.