

Version 1.00	Doc: WFCRC/RA v1	<h1>Risk Assessment</h1>		
ACTIVITY TITLE:		<b>WFCRC 'CLUB RUNS'</b>	DATE:	11th May 2015
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No	Hazard	Existing and Current Risk controls	Persons involved or exposed	Risk Rating			Action Plan required?	
				Severity	Likelihood	Overall	No	Yes
1	Impact injuries when falling from bike caused by poor road surface.	<ul style="list-style-type: none"> <li>Roads chosen are generally well used routes subject to regular checks and maintenance by the highways authority.</li> <li>Every individual rider is to take appropriate measures to ensure that they can see the road ahead that they are riding on.</li> <li>Rider guidance in the <i>WFCRC Club Runs Guidance</i> is to be followed as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members	M	L	L	✓	
2	Impact injuries when falling from bike caused by ice on road surface.	<ul style="list-style-type: none"> <li>Individual riders can decide whether to ride in icy conditions</li> <li>Roads used in winter are generally treated with salt by the local authority.</li> <li>Individual riders can decide to continue with the club run as it is held on open public roads.</li> <li>Rider guidance in the <i>WFCRC Club Run Guidance</i> is to be followed as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members	L	L	L	✓	
3	Hypothermia caused by exposure to extreme cold or wet conditions	<ul style="list-style-type: none"> <li>Individual riders can decide whether to ride in extremely cold conditions</li> <li>Individual riders can decide to continue with the club run as it is held on open public roads.</li> <li>Rider guidance in the <i>WFCRC Club Run Guidance</i> is to be followed as far as reasonably practicable.</li> </ul>	Club members Prospective members	L	L	L	✓	
4	Impact injuries when falling from bike caused by mechanical failure. Of the bike or components.	<ul style="list-style-type: none"> <li>Bikes must be roadworthy, with working brakes and well maintained.</li> <li>Rider guidance in the <i>WFCRC Club Run Guidance</i> is to be followed as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members	L	L	L	✓	

5	Impact injuries caused by contact with moving vehicle.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all members.</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members Public	L	L	L	✓	
6	Impact injuries caused by falling from bike following contact with other riders in a group.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all members.</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> <li>The use of all spinaci bars, tri-bars or clip-on's is strictly banned from all club group rides.</li> </ul>	Club members Prospective members Public	M	L	L	✓	
7	Pre-existing medical condition causing ill-health during event.	<ul style="list-style-type: none"> <li>All riders to self-declare their own health and fitness to participate in club events.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>In the event of a medical emergency assistance is to be called by dialling 999</li> </ul>	Club members Prospective members	L	L	L	✓	
8	Impact injuries caused by falling from bike following encounter with horse or other animal.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all club members which includes actions to be taken when encountering horses and other animals.</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> <li>The use of all spinaci-bars, tri-bars or clip-on's is strictly banned from all club group rides.</li> </ul>	Club members Prospective members Horse Riders	L	L	L	✓	

9	Injuries caused by impact from car while repairing puncture or fault on bike.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all club members which includes actions to be taken when stopping on the route.</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members Public	L	L	L	✓	
10	Muscle strain or cramp caused by physical condition	<ul style="list-style-type: none"> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> as far as reasonably practicable.</li> <li>All riders to self-declare their own health and fitness to participate in club events.</li> <li>In the event of a medical emergency assistance is to be called by dialling 999</li> </ul>	Club members Prospective members	L	L	L	✓	
11	Injuries caused by impact from car while dealing with fallen rider.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all club members which includes actions to be taken when stopping on the route.</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i> Riders should wear a EN standard cycle helmet.</li> </ul>	Club members Prospective members Public	L	L	L	✓	
12	Injuries caused by impact with pedestrian in road.	<ul style="list-style-type: none"> <li>Guidance on safe group riding available to all club members</li> <li>Groups may be split at start to deuce numbers of riders in group.</li> <li>Participants must ride within their own abilities and watch the road ahead.</li> <li>All riders must follow the <i>WFCRC Club Run Guidance</i></li> <li>Riders should wear a EN standard cycle helmet.</li> <li>The use of all spinaci bars, tri-bars or clip-on's is strictly banned from all club group rides.</li> </ul>	Club members Prospective members Pedestrians	L	L	L	✓	

Note: Severity should be rated high, medium and low. Likelihood should be rated high, medium and low. The overall risk rating should be summarised as high, medium or low. High risk should be prioritised first, and consideration should be given to stopping the task until adequate controls are put in place. Medium risks will require a plan and actions completing. Low risks can be monitored and reviewed. For each identified risk where the current controls are not adequate an action plan must be prepared and detailed on section 2 of this risk assessment.

Risk assessment completed by:	Risk assessment completed by:	Date completed	<p align="center"><b>Note on how to grade severity and likelihood</b></p> <p><b>Injury Severity</b> Fatal/Major/Serious = <b>High</b>   3+ day injury/hospital - <b>Medium</b>   Minor injury = <b>Low</b></p> <p><b>Likelihood of Occurring</b> Definite/ Likely = <b>High</b>   Probable/Possible = <b>Medium</b>   Unlikely/Remote = <b>Low</b></p>
<b>Name:</b> Paul Darby	<b>Name:</b>	11 <sup>th</sup> May 2015	
<b>Signed:</b>	<b>Signed:</b>	<b>Review Date:</b>	

## 2. Risk Assessment – Action Plan

Hazards identified above that need further action to reduce the level of risk must have an action plan outlined here.

No	Action	Person Responsible	Planned date	Completion date	Final risk rating		
					Severity	Likelihood	Overall
	<ul style="list-style-type: none"> <li>No specific further actions are required</li> </ul>						

Action Plan completed by:	Action required by and copies issued to			Completed risk assessment and action plan passed on to other relevant parties such as event co-organisers or site occupiers.
Name	Print Name	Print Name	Print Name	
Signed	Signed	Signed	Signed	Date copied
Date	Date	Date	Date	
Review date				