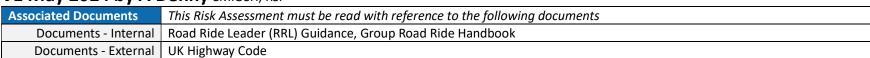
#### Stirling Bike Club

#### **Group Riding Risk Assessment**

#### V1 May 2024 by A Denny CMIOSH, RSP



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

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## Stirling Bike Club Group Riding Risk Assessment V1 May 2024 by A Denny CMIOSH, RSP



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

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### Stirling Bike Club Group Riding Risk Assessment V1 May 2024 by A Denny CMIOSH, RSP



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	Heavy rain	All riders	<ul> <li>Ride organiser to check weather forecast day prior to ride &amp; cancel ride on Spond if required</li> <li>Ride organiser to check weather prior to ride and amend route / delay start / cancel ride dependant on conditions</li> </ul>	<ul> <li>Mudguards compulsory for wet weather riding (full length preferred)</li> <li>Ride organiser to check that all riders have suitable adverse weather gear (waterproof jacket, gloves hat etc.</li> <li>Ride organiser should check that all riders have suitable lights / hi-viz equipment for riding in conditions of poor visibility</li> </ul>
Variable weather conditions	Snow / ice			
	Fog / poor visibility			
	Individual fall	All riders, pedestrians	<ul> <li>Ride organiser may be first aid trained, recommended to carry space blanket</li> <li>Mobile phones available</li> <li>If serious, police should be called &amp; any witnesses identified</li> </ul>	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	<ul> <li>Individuals encouraged to carry basic repair equipment &amp; maintain their bike</li> <li>Normally expertise within group for basic repairs</li> <li>Riders not left alone if rescue required</li> </ul>
Rider health issue	Rider unable to continue ride / ability impaired	All riders	<ul> <li>Ride organiser may be first aid trained, recommended to carry space blanket</li> <li>Mobile phones available</li> <li>Seek local assistance if required</li> <li>If serious, ambulance should be called</li> </ul>	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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# Stirling Bike Club Group Riding Risk Assessment V1 May 2024 by A Denny CMIOSH, RSP

Version History

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



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