

# Eden Valley Group of Cycling UK



## Generic Risk Assessment for Regular Club; Road, Gravel or MTB Rides.

This generic risk assessment is for rides planned by the club in and around the Eden Valley Area. The routes will be as described on the clubs “runs list” and “blog” with distance and difficulty / grade.

Rides will generally be held on either Wednesday, Friday or Sunday and be led by club registered “Ride Leaders”.

Hazard.	Who may be involved?	Control Measure.	Is level of risk Acceptable?
Event terrain, distance, elevation and difficulty.	All participating riders.	Route information will be published on the runs list and blog, detailing distance, elevation and difficulty. (Based on the club’s ride grading 1, 2 or 3)	
Riders’ health and stamina.	All participating riders.	Riders are fully informed of the likely demands of the ride via the runs list and blog. Ride leader should carry a record of all riders and guests along with ICE information.	
Highway design, maintenance and trail conditions.	All participating riders.	Routes are typically planned for quite country lanes and trails based on local knowledge or pre-ride assessment. Deviations from this (eg; fast busy roads or junctions, steep descents or rough terrain) will be advised during the pre-ride briefing.	
Riders’ equipment.	All participating riders.	As per the club “Code of Conduct & Group Riding Etiquette” riders’ cycle must be in good running order. Type of cycle or tyre size may be suggested for gravel or MTB rides.	
Other road / trail users.	All participating riders.	During pre-ride briefing ride leader to remind riders of the club “Code of Conduct & Group Riding Etiquette”.	
Adverse weather conditions.	All participating riders.	If adverse weather is forecast notice of cancellation or changes must be put on the club blog as soon as possible or by 8:00am on the day of the ride at the latest.	