

Student Activities
Risk Assessment 2009



1. Name of Group: Lancaster University Cycling Club

2. Hazard	3. Possible harm/injury	4a. Likelihood	4b. Severity	4c. Risk Rating	5. Control	6a. Controlled Likelihood	6b. Controlled Severity	6c. Controlled Risk Rating	7. Action
Remote location	The health or condition of an injured person could worsen.	1	3	3	At least one member of the group will carry a map and all appropriate tools. At least two exec members will know the full route planned for the day. Mobile Phones/Radios will always be carried. First aid kit and person always present on every ride.	0	3	0	The map will show a full picture of the route and a written route will be provided to all exec with all roads, junctions and hazards on the route. Maps and tools will be shared out over the exec members so one is not burdened with everything. All exec members will carry mobile phones that are set to ring and vibrate at full volume. The safety officer will carry the first aid kit.
Falling off/crashing bike	Cuts, sprains or fractures.	1	3	3	All members must wear appropriate safety gear whilst on club rides. All trips will require the use of	1	2	2	President and safety officer will ensure all members have the appropriate safety

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					helmets. Mountain bike trips may require additional protection such as body armour, goggles, shin pads, or arm pads if the course is very fast and technical, made for experienced riders.				gear at the start of the trip. All those without a helmet or other required protection will not be allowed on the ride.
Puncture	Cause a fall/crash resulting in cuts, sprains and possible fractures.	1	3	3	Tell members to take care on puncture danger areas, carry spare tubes or puncture repair kits.	1	2	2	Puncture danger will be explained in an email sent out to all members of the club every year and on the club website. This includes watching for pot holes and glass on road rides, and sharp rocks and stones on mountain bike rides. The exec member leading a road ride should also point or shout to the riders behind to watch out for particular puncture danger areas. Exec carries spare tubes or repair kits.

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Bike failure whilst on trip	Cause a fall/crash resulting in cuts, sprains and possible fractures.	1	3	3	Make sure bikes are well maintained and suitable for the ride.	0	3	0	Members of the exec will check all new members bikes are in good condition and bikes are appropriate for the ride. Tools will be brought on every ride. One exec member walks with member back to car or home if bike cannot be fixed. Bike maintenance explained to all members in email sent to all members and on club website.
Bike/component failure	Cause a fall/crash resulting in cuts, sprains and possible fractures.	1	3	3	Make sure bikes are well maintained and suitable for the ride.	0	3	0	Members of the exec will check all new members bikes are in good condition and bikes are appropriate for the ride. Tools will be brought on every ride. One exec member walks with member back to car or home if bike cannot be fixed. Bike maintenance

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									explained to all members in email sent to all members and on club website.
Crash breaking component	Cause of injuries whilst trying to ride an unsafe bike, such as cuts, bruises and fractures.	1	3	3	Try to make bike safe and useable, or discontinue riding.	0	3	0	Members of the exec will attempt to fix the bike. Exec will decide if bike is safe to ride and walk back with member if bike is unsafe.
Not having correct equipment to fix broken bikes	Possible cause of exposure and dehydration.	1	3	3	The exec will make sure that they have all the tools necessary to fix the usual frequent bike problems on every ride.	0	3	0	The exec will ensure that there is a set of all the tools required on each ride.
Lack of knowledge of how to fix bike	Could cause cuts and/or bruising	1	1	1	The execs ensure member know what to do.	0	1	0	The exec will provide bike maintenance advice in the email sent out to all new members and on the club website. The exec will help fix a members bike.
Lifting bikes – Fences, bike racks	Could cause back injury or a fall	2	2	4	Use gates where available, inform members to use appropriate lifting techniques. Help others to lessen load.	1	2	2	Exec members will inform members the correct way to lift a bike and help others to lessen the load if

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									this obstacle is come across.
Riding new tracks	Accident caused by lack of knowledge/inexperience, leading to cuts, bruises and fractures.	2	3	6	Exec will advise members to ride with caution until the track is known.	1	3	3	Execs advise members on tracks at the start of the trip and in weekly/trip email.
Riding Technical tracks	Accident caused by rough terrain, resulting in cuts, bruises and fractures	2	3	6	Inform riders of difficulty of ride and assess their ability to complete it. If not competent then strongly suggest that they walk. Ensure appropriate safety gear is worn.	1	2	2	Safety officer walks with any rider not competent enough to complete ride. President will ensure all members have the appropriate safety gear at the start of the trip.
Wet terrain conditions	Accident caused by wet terrain, resulting in cuts, bruises and fractures	2	3	6	Advise members to ride more carefully in wet conditions. Check weather reports and ground conditions. Cancel trip if weather is bad.	1	2	2	President ensures conditions are safe before a trip. Exec informs riders of conditions and necessary precautions in weekly/trip email.
Wet conditions	Could cause hypothermia	1	3	3	Carry waterproofs in wet weather. Assess if conditions are safe to ride in, if not cancel the ride.	0	3	0	Exec informs riders of conditions and necessary precautions in weekly

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									email.
Cold conditions	Could cause hypothermia	1	3	3	Carry warm clothes on cold days. Assess if conditions are safe to ride in, if not cancel the ride	0	3	0	Exec informs riders of conditions and necessary precautions in weekly email.
Cold terrain conditions	Snow and ice could cause crash, resulting in cuts, bruises and fractures	2	3	6	Assess if conditions are safe to ride in, if not then cancel ride. Ride carefully or walk over icy patches.	1	2	2	The first rider informs others of icy or snowy patches by pointing or shouting. Exec informs riders of conditions and necessary precautions in weekly email.
Hot conditions	Cause dehydration and/or sun burn	1	1	1	Carry plenty of fluids, protect body from sun, wear sun cream/glasses	0	1	0	Exec informs riders of conditions and necessary precautions in weekly email.
Insect stings and bites	Could cause an allergic reaction leading to patient going into anaphylactic shock.	1	3	3	Inform riders of possible dangers of allergies.	0	3	0	Exec send a email to all new members about dangers of allergic reactions and member should bring cream/ointment/adrenaline with them if they are susceptible.
Wildlife	Animal could cause	1	3	1	Inform riders if wildlife is	0	2	0	Exec informs riders

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	rider to crash resulting in cuts, bruises and fractures.				expected, members must stay vigilant.				of possible dangers of road and mountain bike riding in the email sent out to all new members and for them to stay vigilant.
Visibility	Reduced range of vision could cause crash resulting in cuts, bruises and fractures	1	3	1	Members should always carry lights. Plan routes to avoid riding into the night, if necessary walk.	0	2	0	President ensures rides do not go on into the night and instructs members to walk if the light is low and they are not properly equipped.
Members of the public walking on track/bridleway	Could cause accident/crash resulting in cuts, bruises and fractures to both parties involved	1	3	3	Advise caution. Members must slow down when passing	0	2	0	Road + track safety will be explained in the email sent out to all new members and on the club website. Riders will be cautious and slow down when passing public.
Children running free	Could cause accident/crash resulting in cuts, bruises and fractures to both parties involved.	1	3	3	Maintain extreme caution. Slow right down when passing.	1	2	2	Road + track safety will be explained in the email sent out to all new members and on the club website. Riders will be

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									cautious and slow down when passing children.
Dogs running free	Could attack rider or cause accident/crash resulting on cuts, bruises and fractures to both parties involved.	1	3	3	Maintain extreme caution. Slow right down when passing.	1	2	2	Road + track safety will be explained in the email sent out to all new members and on the club website. Riders will be cautious and slow down when passing dogs.
Inexperience d rider	Rider could crash/fall resulting in cuts, bruises and fractures.	3	3	9	Inform riders of difficulty of ride in weekly email and at the start of the ride. If not competent then tell them to walk.	2	2	4	Exec assesses risk and advises rider. If necessary Exec member will walk with the rider.
Rider pushing their limits	Rider could crash/fall resulting in cuts, bruises and fractures	3	3	9	Inform riders of difficulty of ride in weekly email and at start of the ride. If not competent then tell them to walk.	2	2	4	President assesses risk and advises riders. If necessary Exec member will walk with the rider.
Rider stopping without informing other riders	If at front – Could cause multiple riders to collide resulting in cuts, bruises and fractures. If at back – rider could become lost	2	3	6	Make sure that there is an exec member at the front and back of the group, with all exec carrying portable radios/mobile phones. Check regularly to ensure all members of the group	1	2	2	Exec ensure responsible riders are present at front and rear, mobiles/ radios are present, and do head counts regularly.

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					are present.				
Rider crashing-others not realising	Could delay medical attention	1	3	3	Make sure that there is an exec member at the front and back of the group, with all exec carrying portable radios/mobile phones. Check regularly to ensure all members of the group are present.	0	3	0	Exec ensure responsible riders are present at front and rear, mobiles/radios are present, and do head counts regularly.
Rider not consuming enough food	Could cause lack of concentration leading to a crash	1	2	2	Inform riders of the length of ride and to have a good breakfast/meal before rides. Make sure rests are available for food consumption	0	2	0	Exec advise riders before the trip in the weekly email on the length and what to bring on the ride. Exec will ensure there are enough rests on all rides.
Riders not consuming enough water	Could cause lack of concentration leading to a crash	1	2	2	Advise members to carry plenty of fluids make sure rests are available for consumption.	0	2	0	Exec advise riders before the trip in the weekly email on the length and what to bring on the ride. Exec will ensure there are enough rests on all rides.
No first aid on ride	Health or condition of injured person could worsen	1	3	3	Make sure a first aid appointed person is present on all rides with first aid kit. All exec have a mobile	0	3	0	President ensures presence of a first aid appointed person, suitable equipment

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					phone/portable radio present.				and mobile/ radio on all rides.
Extreme exhaustion	Extreme fatigue of a rider as a result of incorrect preparation for physical exertion through lack of administration of hydrating fluids and solids high in carbohydrates and simple sugars. Resulting in the rider becoming a hazard to him/herself and others around him/her.	1	3	3	Inform riders of the length of ride and to have a good breakfast/meal before ride, make sure that rests are available for food and fluid consumption.	0	3	0	Exec advise riders before the trip in the weekly email about length of the ride and what to bring. Monitor riders during the ride and ensure there are enough rests.
Muscle cramp/injury	Causes rider to fall off bike resulting in further injury.	1	2	2	Riders must warm up before every ride to avoid getting cramp or pulling a muscle.	0	2	0	Exec will warm up and stretch at the start point of every ride so other members can join in if they are not warmed up.
Car accident whilst on a trip	Could cause severe accident	1	5	5	Check the vehicle has a valid MOT and insurance and that the driver has a clean licence before the car and driver are used. Exec	0	4	4	Exec check the vehicle and driver paperwork before the driver and vehicle are used for the first time

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					tells drivers to obey the highway code.				that year.
Trailer failure whilst travelling.	Could cause severe accident and bikes in trailer damaged.	1	5	5	Service trailer once a year and check it over before every trip to make sure it is safe and secure.	0	4	4	Exec makes sure trailer is serviced and looked after.
Other road users not paying attention	Could cause sever accident	1	5	5	Members to maintain vigilance on busy roads and always expect the worse around a corner. Warn group of the dangers.	0	5	0	Exec warns members of the dangers of road riding in the email sent to all new members and on the club website.
Other track users not paying attention	Could cause severe accident	1	5	5	Members to maintain vigilance on busy trails and always expect the worse around a corner. Warn group of the dangers.	0	5	0	Exec warns members of the dangers mountain biking at the start of the trip and in the email sent to all new members and on the club website.
Busy roads	Could cause severe accident	1	5	5	Members to ride in single file and maintain vigilance to other road users. Members always ride on correct side of the road and obey all road rules.	0	5	0	Exec will explain road safety in the email sent out to all new members and on the club website.
Socials	Alcohol poisoning, drunken behaviour	2	3	6	One Exec member will stay sober on socials to	1	3	3	Exec ensures there is one sober Exec

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	leading to slips and falls. Cuts, bruises, vomiting.				supervise the group. Socials will be non-alcohol friendly. Members must drink sensibly.				member on every social.
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Assessor	Position	Date Completed
Stuart Robinson	President	24.06.09
Jason Shane	Vice President + Safety Officer	24.06.09