

**Old Portlians Cycling Club**  
**Reliability Trial Sunday 2nd February 2014**

**RISK ASSESSMENT**

**Introduction**

**Purpose**

The purpose of this risk assessment is to meet the following criteria

- The primary duty of care for safety is the responsibility of the rider
- The associated duty of care for safety is the responsibility of the event organiser
- Establish the event rules, regulations and recommendations which aim to reduce the likelihood of harm or injury by promoting a safe event
- Identify known potential generic and specific risks together with recommended remedial actions to control the level of risk
- The rider enters the event as a participant, not a competitor and agrees to comply with this risk assessment

**Event Aims**

Reliability Trial is a **non-competitive** cycling event to test the aims set out below

- Test the roadworthiness of the bike
- Test the fitness of the rider to cycle a set distance within an selected period of time
- Test the ability of the rider to map read and follow a designated route using written directions only without signs and marshalls

**Event Objectives**

The event organiser aims to organise a challenging and safe event, highlight potential risks and remind the riders of good cycling practice

The rider should make all preparations and take all precautions to carry out a safe event held during the winter, mainly on minor roads encountering poor road, visibility and weather conditions

**Rules and Regulations**

**British Cycling**

This event is promoted and insured for Third Party and Public Liability under British Cycling regulations for Reliability Rides, which are available on request from [www.britishcycling.org.uk](http://www.britishcycling.org.uk)

**Bike**

The bike must be roadworthy for a winter event with particular attention to tyres, brakes, drive train and mudguards are recommended

**Fitness**

Select a realistic time and distance to ride a safe event

**Route**

Understand the route directions prior to the event with particular attention to changes in directions, road junctions, ascents and descents

**Roadcraft**

Ride in groups of 20 or less and respect and be courteous to other road users by riding single file where necessary and take particular care when passing horses and foot traffic

**Traffic Law**

Comply with the Highway Code, traffic law and road signs at all times

**Accidents**

The rider must report all accidents and injuries to the event organiser prior to leaving the event

## Recommendations

### Clothing

Wear appropriate hi-vis winter cycling clothing including a helmet and display a rear flashing red LED light at all times

### Sustenance

Carry and regularly ingest appropriate food and drink to meet the demands of a winter event

### Danger

Use vocal and hand signals to warn other riders and/or road users of potential danger

### Emergency

Carry a mobile phone with the event organiser's mobile number to summons help or assistance in the event of an accident or emergency

<b>GENERIC RISK ASSESSMENTS</b>				
<b>Item</b>	<b>Generic Hazard</b>	<b>Risk level</b>	<b>Person at Risk</b>	<b>Recommended Remedial Action</b>
<b>1</b>	<b>Poor road conditions e.g. uneven surface; potholes; fallen leaves; hedge clippings; gravel; mud and all deleterious materials etc.</b>			
Risk	Fall from bike	HIGH	Rider	Warn other riders of impending poor road conditions; slow down; increase distance from other riders; look further ahead; avoid riding over deleterious materials and any sudden change in direction or speed
Risk	Collision with other rider	MEDIUM	Rider and other riders	Ditto
Risk	Collision with other road user	MEDIUM	Rider and other road users	Ditto
Risk	Puncture	MEDIUM	Rider	Check and properly inflate tyres; avoid riding over deleterious materials
<b>2</b>	<b>Inclement weather conditions e.g. rain; snow; ice; wind; fog; low cloud cover etc.</b>			
Risk	Fall from bike	HIGH	Rider	Warn & increase distance from other riders; slow down; look further ahead; avoid riding over slippery road surface
Risk	Collision with other rider	HIGH	Rider and other riders	Ditto
Risk	Collision with other road user	MEDIUM	Rider and other road users	Ditto
Risk	Exposure from cold and wet conditions	HIGH	Rider	Carry additional waterproof layer and eat and drink regularly
Risk	Poor visibility	HIGH	Rider	Carry additional hi-vis clothing and display rear flashing red LED light
<b>3</b>	<b>Other road users e.g. motor traffic; foot traffic; horses; unaccompanied animals</b>			
Risk	Collision with motor traffic	MEDIUM	Rider and motor traffic	Warn other riders of impending traffic approach; ride in single file; avoid any sudden change in direction or speed
Risk	Collision with foot traffic	MEDIUM	Rider and pedestrian	Warn other riders of impending foot traffic approach; avoid any sudden change in direction or speed; slow down and take care when passing
Risk	Collision with horse	MEDIUM	Rider	Warn other riders of impending horses approach; slow down & warn horse rider of cyclists approach; take a wide berth & care when passing; avoid startling the horse
Risk	Collision with unaccompanied animals	HIGH	Rider	Warn other riders of impending unaccompanied animals approach; slow down and take care when passing; expect the unexpected!

Item	Generic Hazard	Risk level	Person at Risk	Recommended Remedial Action
<b>4</b>	<b>Changes in directions and road junctions</b>			
Risk	Collision with other rider	LOW	Rider	Warn other riders of impending change in direction and/or road junctions; slow down; look ahead; warn other riders of impending approach of other road users crossing riders' direction of travel; proceed with caution
<b>5</b>	<b>Ascents</b>			
Risk	Collision with other riders	LOW	Rider	Warn other riders of impending ascent; ride within your ability; look ahead; avoid sudden change of direction or speed; allow other riders and road users to pass
<b>6</b>	<b>Descents</b>			
Risk	Fall from bike	HIGH	Rider	Warn other riders of impending descent; increase your distance from other riders in front; take appropriate control of the bike; ride within your ability; slow down; look ahead; avoid sudden change of direction or speed; allow other riders and road users to pass
Risk	Collision with other riders	HIGH	Rider	Ditto
Risk	Collision with other road user	HIGH	Rider	Ditto

## SPECIFIC RISK ASSESSMENTS

Long Course Distance (Total 100kms/ 62 miles)	Short Course Distance (Total 68kms/ 42 miles)	Location	Hazard Reference	Additional Specific Comments
1mile	1mile	Right turn at T-junction end of Otford Lane onto Polhill	1,2,3,4,	Fast road traffic both directions
1.5miles	1.5miles	Descent on Polhill	1,2,3,6	Fast road traffic, avoid nearside road hatching
3miles	3miles	Pilgrims Way East	1,2,3,4,5,6	Narrow minor road with every hazard and very sharp left-hand bend
12miles	12miles	Knole Park approaching Riverhill	1,2,3,4,5,6	Minor road with very poor undulating road conditions and often used by horse riders
12-21 miles	12-21miles	Riverhill to joining B2027	1-6	Very poor road conditions- take considerable care
15.5miles	15.5miles	Right turn at T-junction with Riverhill (A225)	1,2,3,4,5	Awkward junction with poor visibility and fast road traffic both directions
16miles	16miles	Left turn from Riverhill (A225) towards Ide Hill	1,2,3,4,5	Hidden sharp turning after left-hand bend
18miles	18miles	Left (fork) turn from Gracious Lane onto Bailey's Hill	1,2,3,4,6	Steep descent with very poor road conditions and frequent ascending road traffic; SLOW DOWN
18.5miles	18.5miles	Right turn at bottom of Bailey's Hill	1,2,3,4,6	Minor road with very poor road conditions and susceptible to icy patches in cold weather

21miles	21miles	Left turn onto B2027	3,4	Beware fast road traffic in both directions
Long Course Distance (Total 100kms/ 62 miles)	Short Course Distance (Total 68kms/ 42 miles)	<b>Location</b>	<b>Hazard Reference</b>	<b>Additional Specific Comments</b>
23miles	N/A	Turn right towards Penshurst	3,4	Beware that riders are blind to oncoming road traffic
25miles	N/A	Right turns onto Poundsbridge Lane and Poundsbridge Hill	1,2,3,4,5	Tough climb on narrow minor road, sharp right hand turns.
37miles	N/A	Left turn after Hart field	1,2,3,4,5	Beware approaching traffic at hump-back bridge
49miles	32miles	Climb Toys Hill (south side)	1,2,3,4,5	Tough climb on very narrow minor road. Beware oncoming traffic and likelihood of fallen leaves on the road
50miles	33miles	Descent Toys Hill (north side)	1,2,3,4,6	Fast descent with dangerous bends SLOW DOWN. Beware likelihood of fallen leaves on the road
52miles	35miles	Bottom of Toys Hill (north side) turn right onto A25	3,4	Beware fast approaching traffic
58miles	41miles	Climb Polhill	3,4	Medium climb but beware fast overtaking traffic especially where road narrows near top

**BE SAFE....BE SEEN....BE SENSIBLE**

**ENJOY YOUR RIDE**

**Risk Assessment Checked and Reviewed by Event Secretary 3rd February 2014**