



Carlisle Reivers Club Ride - Route & Ride Factsheet



| Route Planner Input | | | | |
|------------------------|---|-------|---|---------|
| Route Title | Castle Carrock (Armathwaite) - Red | | | |
| Ride Level | Strong, Confident Riders Capable of Riding Safely in a Group at Speed | | | |
| Link to Strava Route | https://www.strava.com/routes/9188593 | | | |
| Distance (miles) | 33.5 Miles | | | |
| Speed | Average between Over 16 mph | | | |
| Estimated Cycling Time | 2 | Hours | 0 | Minutes |
| Level Description | This ride is designed for confident riders who can maintain an average speed in excess of 16 mph, on a rolling terrain, whilst riding safely in a Group. | | | |
| General Description | This is a rolling route with a couple of hills, the climb out of Armathwaite, being a highlight. This will allow riders to challenge their fitness levels and improve their Group riding skills. It is mostly on Country Lanes and should be fairly quiet so far as other traffic is concerned. The Group should stay together until after crossing Warwick Bridge, after that the Ride Co-ordinator may split the Group in 2 to allow faster riders the opportunity to return to Rickerby Park at a faster pace. | | | |

| Route Description | Setting | Road | | |
|-------------------|----------------------------------|--|---|----|
| | Design | Circular | | |
| | Topography | Rolling with a Couple of Climbs | | |
| | Main Level | Tarmac (Roads) | | |
| | Bike Suitability | Suitable for all bikes with gears | Child Trailers | No |
| | Suitable for Adapted Bikes | No | All Ability Cycling route checklist completed | No |
| | Ride Leader Information / Advice | The Group should ride together until after Warwick Bridge on the way back. | | |

| Route Planner Details | Contact Name | Steve Hampton | |
|-----------------------|--------------|--|--|
| | Phone Number | 01228 595058 | |
| | Email | steamer@carlislereivers.co.uk | |

| Start Location Details | Location Address | | The Cenotaph, Rickerby Park | | Postcode | CA3 9AB | |
|------------------------|-------------------------------|-----------|------------------------------------|-------------------|---------------|--------------------|--------------------|
| | Changing Facilities Available | Available | No | Location | | Permission needed? | |
| | Toilets Available | Available | No | Disabled Toilets | No | Location | Permission needed? |
| | Car Parking Available | Available | Yes | Location | Rickerby Park | Permission needed? | |
| | | Charges | Free | Time restrictions | No | | |
| | Nearest Train Station | Carlisle | Distance to Start Location (miles) | 2 Miles | | | |



Carlisle Reivers Local Risk Assessment Form



| | | | |
|---|---------------|--|------------|
| Name of Ride Leader | Steve Hampton | Date Risk Assessment was carried out | 04/07/2017 |
| How will you communicate with appropriate people/organisations in an emergency? | Mobile Phone | If using a mobile telephone, can you get adequate signal on the route? | Yes |

| Generic Risk Assessment Form for Ride Leaders | | | |
|--|-------------|--|---|
| Risk/Hazard Description | Risk Rating | People at Risk | Control measures |
| Fall from cycle | Low | Riders, leaders | Riders to wear a suitable and properly adjusted helmet. Route chosen carefully with regard to the group, skill level, gradients and terrain. Group trained to cope with identified hazards. |
| Collision between two or more riders | Low | Riders | Clear instructions on spacing, particularly when going downhill; encourage communication with others in group verbally and with hand signals etc. |
| Collision between rider/leader and other road users | Low | Riders, leaders, members of the public | Clear instructions on spacing, particularly when going downhill; encourage communication with others in group verbally and with hand signals etc. Brief group on dangers presented by others e.g. pedestrians, animals and other cyclists and on how to ride socially responsible. |
| Traffic accident | Medium | Riders, leaders, members of the public | Give group clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of on-road sections and of dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group. |
| Road Junctions (Traffic lights, Cross Roads, Roundabout, Multi Lane Junctions) | Medium | Riders, leaders, members of the public | Give group clear instructions on speed, formation, road positioning, spacing, signals and communication. Brief group on dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group. |
| Narrow lanes / Roads | Medium | Riders, leaders, members of the public | Give group clear instructions on speed, formation, road positioning, spacing, signals and communication. Brief group on dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. |

| | | | |
|--|-----|-----------------|---|
| Mechanical breakdown | Low | Riders, leaders | Bikes maintained adequately for intended ride. BHC check carried out prior to the ride, leader to carry spares and tools |
| Medical emergency | Low | Riders, leaders | Medical disclosure forms collated and read before the ride. Leader has current Health and Safety Executive approved Emergency First Aid certificate. Emergency procedures in place. Voluntary staff made aware of emergency procedures. |
| Adverse weather conditions | Low | Riders, leaders | Check current forecast, advise on appropriate gear and clothing, check gear immediately prior to trip. Have alternative routes in mind, modify/shorten if necessary. |
| Navigational error | Low | Riders, leaders | Appropriate staff training in use of map, compass and cycle computer. These items to be carried if appropriate. |
| Group separation/missing group member(s) | Low | Riders | Clear instructions to adult helpers/leaders: supervise both head and tail of group. Leaders to remain in contact regularly. |

| Route Specific Risk Assessment - please detail specific risks not covered in the Generic Risk Assessment above | | | | | | |
|--|---|------------|---------------|--------------------------------|--|--|
| ID | Distance from start (please complete one) | | Level of Risk | Location of Hazard | Description of hazard and resolution/action | People at risk |
| | Miles | Kilometers | | | | |
| 1 | 9.4 | | Low | After cresting climb at Faugh | There is a fairly steep and narrow descent here, with limited visibility and grit in the middle of the road. Warn the Group to take care. | Ride Leaders, participants and other road users. |
| 2 | 14.5 | | Low | Country Lane near Cumrew | After turning right to drop down to the river. This section of lane is under trees, it is often wet and slippery. There is a sharp left turn at the bottom on a narrow lane with grit on the road. | Ride Leaders, participants and other road users. |
| 3 | 26.1 | | Medium | Right Turn onto Warwick Bridge | The Group will be turning right on a steep little uphill section, joining the busy A69, with limited visibility in both direction. Warn the Group to be cautious. | Ride Leaders, participants and other road users. |
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