



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Castle Carrock - Blue			
Ride Level	Confident Riders Capable of Riding Safely in a Group			
Link to Strava Route	https://www.strava.com/routes/9730484			
Distance (miles)	28 Miles			
Speed	Average between 14-16 mph			
Estimated Cycling Time	2	Hours	0	Minutes
Level Description	This ride is designed for confident riders who can maintain an average speed of around 15 mph whilst riding safely in a Group.			
General Description	This is a rolling route with a couple of hills in it to ensure that riders 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. Most of the hard work is done in the first half of the route and the group will enjoy the benefit of their hard work as the return is mostly downhill to Carlisle. The Group should stay together until after they have completed the descent down to the Haywain, 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 Prescription				
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 the Haywain Pub on the way back.			

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

Start Location Details			
Location Address	The Cenotaph, Rickerby Park	Postcode	CA3 9AB
Changing Facilities Available	Available	No	Location
Toilets Available	Available	No	Location
Car Parking Available	Available	Yes	Location
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	0.2		Low	Leaving Rickerby Park	There is a Cattle Grid as you leave the park, warn the Group and if necessary, be prepared to walk over the Grid if Necessary.	Ride Leaders, participants and other road users.
2	2		Low	Joining Cycle Path	Warn the Group that there are bollards in the pathway as you join the Cycle Path. The Cycle Path is shared with pedestrians, be prepared to slow and give way if necessary.	Ride Leaders, participants and other road users.
3	6.6		Low	Left Turn at Haywain Pub	Warn the Group that the road rises steeply just around the bend, they should change to an easier gear before making the turn. The first 50 mtrs immediately around the corner are very narrow.	Ride Leaders, participants and other road users.
4	9.4		Medium	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.
5	12.5		Medium	Country Lane near Cumrew	This left turn is not obvious and it is onto a smaller lane. There is often loose grit in the road. Warn the Group to take care in advance of the turn.	Ride Leaders, participants and other road users.
6	18.2		Low	After cresting climb at How Mill	The first half a mile is steep, narrow and blind down to the right hander at the bottom. Warn the Group to take care over this stretch of road.	Ride Leaders, participants and other road users.
7	21.4		Low	The Haywain Pub	This time the descent is steep and narrow with a stop sign at the junction at the bottom. You should also give way to traffic coming up the hill. Warn the Group to take special care.	Ride Leaders, participants and other road users.
8	27.6		Low	Entering Rickerby Park	Warn the Group about the Cattle Grid.	Ride Leaders, participants and other road users.
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