



**Carlisle Reivers Club Ride - Route & Ride Factsheet**



Route Planner Input				
Route Title	Castle Carrock - Green			
Ride Level	All levels including new to the Club			
Link to Strava Route	<a href="https://www.strava.com/routes/918862">https://www.strava.com/routes/918862</a>			
Distance (miles)	21.7 Miles			
Speed	Average between 10-13 mph			
Estimated Cycling Time	2	Hours	0	Minutes
Level Description	This ride is designed for new riders to the Club and for those wishing to improve their confidence. There are a couple of challenging climbs and one challenging descent to encourage you to use your gears and brakes correctly.			
General Description	This is a rolling route with a couple of hills in it to ensure that riders use their gears and become comfortable working up and down through the cassette. 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. When being ridden as a Green Route, the Group will stay together except for the 2 climbs, where they will re-group at the summit.			

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	This is a Green Route and the Group will ride together.		

Route Planner Details	Contact Name	Steve Hampton	
	Phone Number	01228 595058	
	Email	<a href="mailto:treasure@carlisle-reivers.co.uk">treasure@carlisle-reivers.co.uk</a>	

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	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		Medium	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.
6	15.2		Low	The Haywain Pub	This time the hill 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.
7	21.5		Low	Entering Rickerby Park	Warn the Group about the Cattle Grid.	Ride Leaders, participants and other road users.
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