



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Heathersgill - Green			
Ride Level	All levels including new riders and try-out to the Club riders			
Link to Strava Route	https://www.strava.com/routes/9366873			
Distance (miles)	24 Miles			
Speed	Average between 10-13 mph			
Estimated Cycling Time	2	Hours	10	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	treasure@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	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	6.7		Medium	Left Turn joining A689	Warn the Group that we are now joining a busy main road. We are on this stretch for 150 mtrs before turning right towards Irthington. The road at the right turn is in poor condition with deep ruts in the middle of the road and at the junction.	Ride Leaders, participants and other road users.
4	8.5		Low	Climb up Irthington Hill	Warn the Group that they are going to turn left onto a steep and narrow country lane, it is about 300 mtrs long.	Ride Leaders, participants and other road users.
5	9.4		Low	Left Turn onto the Longtown Rd	Warn the Group that they will be joining a busier road for about 400 mtrs before turning right towards Hetheragill back on country lanes.	Ride Leaders, participants and other road users.
6	11.5		Low	Top of a hill south of Hetheragill	There is a fairly steep drop here before a severe climb, due to the road layout it is not possible to carry momentum through the bottom. The climb is for about 400 mtrs, but will be the last climb of the day. Warn the Group to take special care.	Ride Leaders, participants and other road users.
7	24		Low	Entering Rickerby Park	Remind the Group about the Cattle Grid.	Ride Leaders, participants and other road users.
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