



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Hutton End - Blue			
Ride Level	Confident Riders Capable of Riding Safely in a Group			
Link to Strava Route	https://www.strava.com/routes/9442473			
Distance (miles)	24 Miles			
Speed	Average between 14-16 mph			
Estimated Cycling Time	1	Hours	45	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 flat, fast route. It leaves Carlisle Racecourse and heads quickly out towards Hutton End and onto Country Lanes. It is perfect if there is a strong southerly wind as most of the hard work is done in the first half and the group will benefit from the wind on their back as they return to Carlisle			

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 Calthwaite on the way back, when the Ride Coordinator may split the Group into 2 to allow faster riders the opportunity to work hard on their way back to the Racecourse.			

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

Start Location Details	
Location Address	Carlisle Racecourse Postcode CA2 4TS
Changing Facilities Available	Available No Location Permission needed?
Toilets Available	Available No Disabled Toilets No Location Permission needed?
Car Parking Available	Available Yes Location Opposite the Racecourse Permission needed?
Charges	Free Time restrictions No
Nearest Train Station	Carlisle Distance to Start Location (miles) 3 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.
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	10.8		Low	T Junction	Warn the riders that we are now joining the B5305, although a minor road, it could be considerably busier than the lane we have just left for the next 2 miles.	Ride Leaders, participants and other road users.
2	11.5		Low	Hutton End B5305	Left turn onto Country Lane, the road surface is both rolling and much grittier for the next 1.4 miles, when we turn left to head North.	Ride Leaders, participants and other road users.
3	12.8		Low	Left Turn towards Calthwaite	The Group could be travelling quickly as this section of road is downhill, they should take care as the left turn appears suddenly and there is likely to be loose grit in the road.	Ride Leaders, participants and other road users.
4	23		Low	Left turn onto Newbiggin Rd	Warn the Group that we are joining a busy road and need to be aware of increased traffic.	Ride Leaders, participants and other road users.
5	23.4		Medium	Durdar Crossroads	We will be turning right at this busy crossroads, care should be taken from traffic coming from left, right and opposite.	Ride Leaders, participants and other road users.
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