



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Hutton End - Green			
Ride Level	All levels including new riders and try-out to the Club riders			
Link to Strava Route	https://www.strava.com/routes/9442586			
Distance (miles)	19.5 Miles			
Speed	Average between 11 -14 mph			
Estimated Cycling Time	1	Hours	40	Minutes
Level Description	This ride is designed for new riders to the Club and for those wishing to improve their confidence. It is a flat and fairly simple route which should give people the chance to ride in a group and experience the benefits that this entails.			
General Description	This is a flat, and fairly quick 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 will ride together throughout.		

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	Permitted?		
	Toilets Available	Available	No	Disabled Toilets	No	Location	Permitted?
	Car Parking Available	Available	Yes	Location	Opposite the Racecourse	Permitted?	
		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	0.5		Low	Durdar Crossroads	We will be going straight on at this busy crossroads, despite having right of way, care should be taken from traffic coming from left, right and opposite.	Ride Leaders, participants and other road users.
2	9.1		Low	Hutton End	Left turn, warn the riders that for the next 1.5 miles the route will be both hillier, narrower and there is a likelihood of there being loose grit in the road. Care should be taken.	Ride Leaders, participants and other road users.
3	10.7		Low	Left Turn at Calthwaite	The Group could be travelling quickly as this section of road is downhill, we give way at this junction and turn left to head back towards Carlisle. There is often loose grit in the road at this junction.	Ride Leaders, participants and other road users.
4	18.5		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	19		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.
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

