

Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input	
Route Title	Hutton End - Red
Ride Level	Confident Riders Capable of Averaging in Excess of 17 mph
Link to Strava Route	https://www.strava.com/routes/9442546
Distance (miles)	32 Miles
Speed	In Excess of 17 MPH
Estimated Cycling Time	1 Hours 50 Minutes
Level Description	This ride is designed for the faster Club rider who is confident riding in a group and maintaining an average speed in excess of 17 mph.
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	Mostly Flat
Main Level	Tarmac (Roads)
Bike Suitability	Suitable for all bikes with gears
Suitable for Adapted Bikes	No
Ride Leader Information / Advice	This is a fast ride and only suitable for the most confident riders.

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

Start Location Details	
Location Address	Carlisle Racecourse
Postcode	CA2 4TS
Changing Facilities Available	Available
Toilets Available	Available
Car Parking Available	Available
Charges	Free
Nearest Train Station	Carlisle

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				
EXAMPLE	2.3	-	Medium	Dudmore Road	Narrow country lane with a sweeping right. High hedges on either side reducing visibility. Advise group to ride single file in the secondary position. Front Ride Leader communicate if oncoming traffic is apparent.	Ride Leaders, participants and other road users.
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	16.6		Low	Lathes	This is a tight turn in a narrow country lane, there is as much risk of missing this turn as there is of any hazard. Care should be taken to prevent both.	Ride Leaders, participants and other road users.
3	18.2		Low	T Junction	Rejoining the B5305, there is a greater risk of more traffic until we get onto the other side of the Motorway Junction.	Ride Leaders, participants and other road users.
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						