



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



| Route Planner Input    |                                                                                                                                                                                                                                                                                                                            |       |   |         |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---|---------|
| Route Title            | The West - Blue                                                                                                                                                                                                                                                                                                            |       |   |         |
| Ride Level             | Confident Riders Capable of Riding Safely in a Group                                                                                                                                                                                                                                                                       |       |   |         |
| Link to Strava Route   | <a href="https://www.strava.com/routes/9620013">https://www.strava.com/routes/9620013</a>                                                                                                                                                                                                                                  |       |   |         |
| Distance (miles)       | 31 Miles                                                                                                                                                                                                                                                                                                                   |       |   |         |
| Speed                  | Average between 14-16 mph                                                                                                                                                                                                                                                                                                  |       |   |         |
| Estimated Cycling Time | 2                                                                                                                                                                                                                                                                                                                          | Hours | 0 | 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 Richard Rose Morton Academy and heads quickly out beyond the Ring Road and onto Country Lanes. It is perfect if there is a strong westerly 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 Short 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 throughout. |                                               |    |

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

|                        |                               |                       |                             |                                    |                    |                    |                    |
|------------------------|-------------------------------|-----------------------|-----------------------------|------------------------------------|--------------------|--------------------|--------------------|
| Start Location Details | Location Address              |                       | Richard Rose Morton Academy |                                    | Postcode           | CA2 6LB            |                    |
|                        | Changing Facilities Available | Available             | No                          | Location                           | Permission needed? |                    |                    |
|                        | Toilets Available             | Available             | No                          | Disabled Toilets                   | No                 | Location           | Permission needed? |
|                        | Car Parking Available         | Available             | Yes                         | Location                           | School Car Park    | 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                                                                                                              | Start                                     |            | Medium        | Leaving School Car Park       | Warn the riders there is a kerb immediately at the start, prior to joining the Cycle Path                                                                                                                                       | Ride Leaders, participants and other road users. |
| 2                                                                                                              | 1.3                                       |            | Medium        | Ringroad Junction             | Warn the group to take care as we cross the Ring Road, it is used by heavy lorries and caution should be taken.                                                                                                                 | Ride Leaders, participants and other road users. |
| 3                                                                                                              | 1.4                                       |            | Low           | Orton Road                    | Although we are now on Country Lanes, care should be taken for commuters and farm vehicles. The road surface is potholed in places.                                                                                             | Ride Leaders, participants and other road users. |
| 4                                                                                                              | 5.8                                       |            | Medium        | Cross Roads.                  | Because we are on Country Lanes it is easy not to notice that we give way at this junction. Be at the front of the Group to warn them.                                                                                          | Ride Leaders, participants and other road users. |
| 5                                                                                                              | 8.3                                       |            | Low           | Bridge over River Wampool     | Warn the Group to take care, there is a fast decent to a narrow, gritty bridge on a bend. Then comes about 300 mtrs of steep climb. Allow the group to split as necessary and regroup at the top.                               | Ride Leaders, participants and other road users. |
| 6                                                                                                              | 21.5                                      |            | Low           | Long straight after Drumburgh | There are cattle grids at either end of this long straight adjacent to the mudflats. Warn the Group to take care.                                                                                                               | Ride Leaders, participants and other road users. |
| 7                                                                                                              | 26.7                                      |            | Medium        | Kirkandrews on Eden           | There is a fairly quick decent into the village with a bend at the bottom. The road throughout this stretch is in very poor condition. There is a real chance of meeting oncoming traffic. Warn the Group to take special care. | Ride Leaders, participants and other road users. |
| 8                                                                                                              | 28.2                                      |            | Medium        | Ring Road                     | We are likely to stick to the Ring Road for 2 junctions. Extra care should be taken.                                                                                                                                            | Ride Leaders, participants and other road users. |
| 9                                                                                                              |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 10                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 11                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 12                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 16                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 17                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 18                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 19                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |
| 20                                                                                                             |                                           |            |               |                               |                                                                                                                                                                                                                                 |                                                  |



