



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	The West - Green			
Ride Level	All levels including new riders and try-out to the Club riders			
Link to Strava Route	https://www.strava.com/routes/9625736			
Distance (miles)	24.3 Miles			
Speed	Average between 11 -14 mph			
Estimated Cycling Time	2	Hours	0	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, 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	steasurer@carlislereivers.co.uk	

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 descent 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	22.2		Medium	Ring Road	Warn the Group to take care as you pass across the Ring Road Roundabout.	Ride Leaders, participants and other road users.
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