



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



Route Planner Input				
Route Title	Welton - Green			
Ride Level	All levels including new riders and try-out to the Club riders			
Link to Strava Route	<a href="https://www.strava.com/routes/9742482">https://www.strava.com/routes/9742482</a>			
Distance (miles)	19.7 Miles			
Speed	Average between 11 -13 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 has a few hills, which should give people the chance to challenge themselves a little more.			
General Description	This is a rolling route with a couple of challenging hills. It leaves Carlisle Racecourse and heads down towards Dalston and onto Country Lanes. Much of the climbing is done in the first half of the route rewarding riders with an easier return, until the sting in the tail in the section from Dalston back to Durdar.			

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	<a href="mailto:treasurer@carlisle-reivers.co.uk">treasurer@carlisle-reivers.co.uk</a>	

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	0.5		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.
2	3.2		Low	Buckabank	As the downhill section arrives in Buckabank, the condition of the road deteriorates with pot holes and loose surface. Care should be taken.	Ride Leaders, participants and other road users.
3	3.3		Low	Left Turn at Buckabank	At this junction the group needs to give way to traffic from the right. The road immediately points uphill and the next half mile is quite challenging there is also the possibility that there could be more traffic. The Group should split if necessary and regroup at left turn half mile up the road where the road levels.	Ride Leaders, participants and other road users.
4	7.6		Low	Right Turn on B5305	Warn the Group that we are joining a busier road and need to be aware of increased traffic.	Ride Leaders, participants and other road users.
5	15.7		Low	Dalston	Warn the Group that you are entering Dalston, there will be more traffic and pedestrians in the roadway. The route cuts through the park and up a narrow lane, where there are likely to be dog walkers.	Ride Leaders, participants and other road users.
9	16.2		Medium	Left Turn onto Durdar Rd	Warn the Group that we are joining a busier road and need to be aware of increased traffic.	Ride Leaders, participants and other road users.
10	19.2		Low	Durdar Crossroads	We will be turning left 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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