



Carlisle Reivers Club Ride - Route & Ride Factsheet



| Route Planner Input | | | | |
|------------------------|---|-------|----|---------|
| Route Title | Armathwaite - Green | | | |
| Ride Level | All levels including those new to the Club | | | |
| Link to Strava Route | https://www.strava.com/routes/21068078 | | | |
| Distance (miles) | 18.7 Miles | | | |
| Speed | Average between 10-13 mph | | | |
| Estimated Cycling Time | 1 | Hours | 50 | Minutes |
| Level Description | This ride is designed for new riders to the Club and for those wishing to improve their confidence. There are a couple of challenging climbs and one challenging descent to encourage you to use your gears and brakes correctly. | | | |
| General Description | This is a rolling route with two challenging climbs, to ensure that riders can test their fitness levels and improve their Group riding skills. It is mostly on Country Lanes and should be fairly quiet so far as other traffic is concerned. The Group should stay together throughout. | | | |

| Route Description | Setting | Road | | |
|-------------------|----------------------------------|---|---|----|
| | Design | Circular | | |
| | Topography | Rolling with a Couple of Challenging 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. | | |

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

| Start Location Details | Location Address | | NHS Building, Wavell Road, Rosehill | | Postcode | CA1 2SE | |
|------------------------|-------------------------------|-----------|-------------------------------------|-------------------|--------------------|--------------------|--------------------|
| | Changing Facilities Available | Available | No | Location | Permission needed? | | |
| | Toilets Available | Available | No | Disabled Toilets | No | Location | Permission needed? |
| | Car Parking Available | Available | Yes | Location | NHS Car Park | Permission needed? | Received |
| | | Charges | Free | Time restrictions | No | | |
| | Nearest Train Station | Carlisle | Distance to Start Location (miles) | 2 Miles | | | |



Carlisle Reivers Local Risk Assessment Form



| | | | |
|---|---------------|--|------------|
| Name of Ride Leader | Steve Hampton | Date Risk Assessment was carried out | 6 Feb 2020 |
| 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 be strongly encouraged 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. |
| 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. |
| 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. Leader to carry spares and tools |
| Medical emergency | Low | Riders, leaders | Leader should hold current Health and Safety Executive approved Emergency First Aid certificate, where possible. 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 | Ride Leaders should be fully confident that they know the route and how to cut short if necessary. |
| Group separation/missing group member(s) | Low | Riders | Clear instructions from the Ride Leaders and monitor the riding of the Group. |

| 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 | 0.1 | | Low | Leaving Trading Estate | This will be the first time the Group joins a main road, ensure they are all together and the road is clear enough for the whole Group to turn left in one group. | Ride Leaders, participants and other road users. |
| 2 | 0.9 | | Low | T Junction | Right Turn onto bigger Road, ensure that the Group is together and the road is clear enough to complete the manoeuvre as one. | Ride Leaders, participants and other road users. |
| 3 | 3 | | Low | Right Turn onto Peter Gate | The first proper, rolling right turn. Riders should be advised to check for themselves that there is no oncoming traffic as they cross to turn right. | Ride Leaders, participants and other road users. |
| 4 | 4.6 | | Low | Peter Gate approach to Cotehill | There is a steep climb here and it should be the first time that the Group splits, advise all riders to regroup on a clear, flat stretch in Cotehill. | Ride Leaders, participants and other road users. |
| 5 | 7.5 | | Medium | Descent into Armathwaite | This is a long, steep descent into the Eden Valley bottom, with several bends. There has been some recent roadworks and there could be loose gravel. The Group should be advised to descend at their own steady pace and regroup outside the T shop on the left at the bottom of the hill. | Ride Leaders, participants and other road users. |
| 6 | 10 | | Low | Climb out of Valley | This Climb is likely to test the fitness of the riders with a couple of very steep bits, riders should be encouraged to ride at their own pace and regroup at the top, 1 mile later | Ride Leaders, participants and other road users. |
| 7 | 10.6 | | Medium | Crossing Railway Line | Warn the Group about the hazards of crossing railway lines. Made more difficult on this occasion as the riders are still going uphill. | Ride Leaders, participants and other road users. |
| 8 | 14.9 | | Low | T Junction | Ensure that the Group is together and that the road is clear for this right turn on a tight junction. | Ride Leaders, participants and other road users. |
| 9 | 15.6 | | Low | Wetheral Village | This short descent into Wetheral always has parked cars on the left leaving only the oncoming lane to cycle down, advise riders to be cautious, ride in single file. | Ride Leaders, participants and other road users. |
| 10 | 17.5 | | Low | Right Turn in Scotby | Ensure that the Group is together and that the road is clear for this right turn on an uphill junction. | Ride Leaders, participants and other road users. |
| 11 | 18.4 | | Low | Right Turn into Trading Estate | Ensure that the Group is together and that the road is clear for this right turn. | Ride Leaders, participants and other road users. |
| 12 | | | | | | Ride Leaders, participants and other road users. |
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