



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Armathwaite - Red			
Ride Level	Strong, Confident Riders Capable of Riding Safely in a Group at Speed			
Link to Strava Route	https://www.strava.com/routes/21098270			
Distance (miles)	26.6 Miles			
Speed	Average Speed 16 - 18 mph			
Estimated Cycling Time	1	Hours	50	Minutes
Level Description	This ride is designed for confident riders who can maintain an average speed in excess of 16 mph, on a rolling terrain, whilst riding safely in a Group.			
General Description	This is a rolling route with a couple of hills for variety. This will allow riders to challenge 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 and encourage struggling riders to hold the wheel.			

Route Description	Setting	Road		
	Design	Circular		
	Topography	Rolling with a Couple 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 on the bridge over the Eden.	Ride Leaders, participants and other road users.
6	10.6		Low	Climb out of Valley	The Group should have stayed together whilst riding alongside the river, however, the Group will split at this point, they should be told to regroup after it peaks out at 11.5 miles.	Ride Leaders, participants and other road users.
7	12.9		Low	Right Turn on Brow of Hill	This right turn is on the brow of a hill, riders should check that there is no oncoming traffic before turning right.	Ride Leaders, participants and other road users.
8	17		Low	Left Turn on entering Castle Carrock	This turn is a sharp left and riders could be travelling at speed, they should be aware that the road is broken at the junction and there is normally a lot of gravel present.	Ride Leaders, participants and other road users.
9	17.5		Low	Right Turn	This wide open right turn is across a fairly busy road, ensure that there is no oncoming traffic and beware of gravel in the centre of the junction	Ride Leaders, participants and other road users.
10	21.6		Medium	Junction with A69	Left turn onto busy main road, traffic signal controlled you will be on this road for almost 1 mile, through Warwick Bridge, ensure that the Group is together and riding considerately.	Ride Leaders, participants and other road users.
11	23.7		Low	Right Turn in Wetheral	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.
12	25.4		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.
13	26.3		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.
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