



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Castle Carrock (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/9188593			
Distance (miles)	33.5 Miles			
Speed	Average Speed Over 16 mph			
Estimated Cycling Time	2	Hours	0	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, the climb out of Armathwaite, being a highlight. 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 until after crossing Warwick Bridge, after that the Ride Co-ordinator may split the Group in 2 to allow faster riders the opportunity to return to Rickerby Park at a faster pace.			

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 should ride together until after Warwick Bridge on the way back.		

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

Start Location Details	Location Address		The Cenotaph, Rickerby Park			Postcode	CA3 9AB
	Changing Facilities Available	Available	No	Location		Permission needed?	
	Toilets Available	Available	No	Disabled Toilets	No	Location	
	Car Parking Available	Available	Yes	Location	Rickerby Park	Permission needed?	
	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	2 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 are 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. 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	All Riders should ensure that their bikes are maintained adequately for intended ride. Ride leader to carry spares and tools
Medical emergency	Low	Riders, leaders	Ride Leaders are all strongly encouraged to complete a suitable First Aid Course. Ride Leaders should carry a First Aid Kit.
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	All Club Ride Leaders should have a thorough knowledge of the Route and be aware of short cuts that can be taken in case of emergency.
Group separation/ missing group member(s)	Low	Riders	Ride Leaders should ensure that the Group stays together throughout the Ride, any Riders going off the front of the Group are considered to have left the Group and are responsible for themselves.

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	9.4		Low	After cresting climb at Faugh	There is a fairly steep and narrow descent here, with limited visibility and grit in the middle of the road. Warn the Group to take care.	Ride Leaders, participants and other road users.
2	14.5		Low	Country Lane near Cumrew	After turning right to drop down to the river. This section of lane is under trees, it is often wet and slippery. There is a sharp left turn at the bottom on a narrow lane with grit on the road.	Ride Leaders, participants and other road users.
3	26.1		Medium	Right Turn onto Warwick Bridge	The Group will be turning right on a steep little uphill section, joining the busy A69, with limited visibility in both direction. Warn the Group to be cautious.	Ride Leaders, participants and other road users.
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