



Carlisle Reivers Club Ride - Route & Ride Factsheet



Route Planner Input				
Route Title	Welton - Blue			
Ride Level	Confident Riders Capable of Riding Safely in a Group			
Link to Strava Route	https://www.strava.com/routes/9742397			
Distance (miles)	22.9 Miles			
Speed	Average between 14-16 mph			
Estimated Cycling Time	1	Hours	40	Minutes
Level Description	This ride is designed for confident riders who can maintain an average speed of around 15 mph whilst riding safely in a Group.			
General Description	This is a rolling route with a couple of very challenging hills. It leaves Carlisle Racecourse and heads down towards Dalston and onto Country Lanes. This route features the infamous Warnell, riders should not fear this climb, choose an easy gear and ride at your own pace, the Group will regather at the top. 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 Prescription				
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 will ride together throughout.			

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

Start Location Details			
Location Address	Carlisle Racecourse	Postcode	CA2 4TS
Changing Facilities Available	Available	No	Location
Toilets Available	Available	No	Location
Car Parking Available	Available	Yes	Location
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	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 adverse weather	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	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	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	Crossroads on B5305	Warn the Group that we are crossing a busy road and that special care should be taken. Once over the crossroads, Warnell climb begins almost immediately. Advise the Group to choose an easy gear and ride at their own pace, regrouping at the right bend at the top.	Ride Leaders, participants and other road users.
5	10		Low	Left Bend on B5299	Warn the Group that just around the bend there is a short, sharp climb, with a cattle grid just at the top. Ask the Group to regather at the crossroads just beyond the cattle grid.	Ride Leaders, participants and other road users.
6	18.7		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.
7	19.2		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.
8	21.8		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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