

Cycle skills

Risk Assessment Guide

Cycling UK recommends carrying out a risk assessment for any activity that involves members of the public. The generic hazards below may affect the health and safety of the event, activity or venue. Please complete the following document with details of any specific hazards and the measures put in place to control them. Keep this form for your records and review and amend regularly. In the event of an accident/incident follow the accident/incident procedure.

Hazard	Control Measures
Rider's equipment, health and stamina	Session leaders and instructors, fully brief riders on learning elements, how instruction and support will be delivered. All equipment is checked for suitability and function before activity occurs. Riders have completed registration forms with medical information, and instructors have shared in case of accident or incident.
Rider's clothing	Session leaders and instructors check riders clothing is not hazardous or loose, footwear is appropriate and advise on dangers if any of these items are inappropriate. Advise riders on safety, warmth and protection when choosing what to wear. Advise on helmet choice and accurate fitting.
Location and environment, indoors or outdoors	Detailed information about the learning environment is provided, so riders know what to expect. Whether indoors or outdoors, include information on the type of ground or floor to be cycled on, it might be slippery, hard or soft. Document any risk of falls or accidents, and other environmental hazards. Ensure riders are spaced apart during session and when practicing skills, raise awareness to avoid collisions.
Outdoor adverse weather	If adverse weather is forecast, riders should be warned before the start about such conditions. If extreme weather is forecast, organisers should consider cancelling the event and inform public in adequate time.
Manual handling	Provide manual handling training to leaders and instructors to ensure safe lifting or supporting of equipment and intervening to support riders.
Risk to public injury	Ensure learning environment is cordoned off to limit risk of public injury.
Set up, storage, equipment testing	Bikes loaned or hired, and training equipment, cones or other obstacles, need testing for safety prior to every session. Equipment owned should be monitored regularly.
Other hazards	Risk assess and list any additional control measures separately. Keep risk assessment for your records in case of any incidents.

Please note: A dynamic risk assessment on the day is required

Risk Assessment:

Club/Group name



Complete all sections relevant to your activity

Activity title

Activity leader

Route To/From

Venue:

Time Start/End:

Approx No. of Participants:

Distance:

Terrain:

Difficulty:

Cycling UK registered:

Date completed:

Assessors Signature:

Hazard

Who may be involved?

Control measure

Is the level of risk acceptable?

Review

Risk Assessment - Additional sheet



Hazard	Who may be involved?	Control measure	Is the level of risk acceptable?	Review