



CYCLING RISK ASSESSMENT CHECKLIST

u3a Name: Fairford and District u3a	Date:
Name of person completing risk assessment checklist:	
Interest Group: Cycling Group, Chase the Bun and Cycling Group, Softy Cycling	
Description of Activity:	

This checklist is to help cycling leaders in the planning for a trip. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific cycling requirements.

Where you identify a particular risk you should note the actions you will take to reduce the risk. It's important to carry out a risk assessment before the cycle takes place, and you can always add to this during the cycle.

	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Recce	Have you researched the route you will be taking to identify any hazards?				
	Have you given members an overview of the route and identified hazards/obstacles?				
	Do members know the length and difficulty of the route?				
Traffic	Have the route been selected with low traffic and good road conditions and suitable for abilities in the group?				
	Are there rest stops scheduled in and are they safe?				





	Have alternative routes in case of road closures or other unexpected issues				
	Are your attendees aware of the rules of the road?				
Safety	Have you taken an attendance register?				
	Do you have emergency contacts for all attendees?				
	Do you have a charged phone with emergency contact details stored on it?				
	Does someone know when you are expected back?				
	Have members been reminded to wear appropriate clothing for the weather conditions and safety e.g gloves, helmet				
	Are members reminded to check their bikes before the ride to ensure brakes, tyres etc are in good working order				
	Do you have a basic repair kit for the bikes?				
	Do you have a back marker to stay in sight and communication with group?				
	Is there any danger you will lose visibility or mobile phone signal?				
	Have members attendees brought refreshments (such as water) for the trip?				
	Is there a first aid kit				





Weather	Have you checked the weather forecast for the day of the cycle in advance?				
	Is there any danger of extreme temperatures, heavy rainfall, high wind or otherwise severe weather?				

Other identified risks:	What will you do to mitigate these risks?

u3a	Cycling Leader Risk Assessment Checklist	The Third Age Trust	
Version	Description of changes	Date of change	Review date
1.0	Original Checklist	19.10.2022	19.10.2023

