

When?	Hazard	Who is at risk?	Risk Level	Control Measure	Residual Risk	Further Action		
						Y/N	What?	Individual(s) responsible
1. Pre-ride	Condition of bicycle	Rider	L	<ol style="list-style-type: none"> All bicycles must be roadworthy and legal to be ridden on UK roads Riders responsible for safety critical checks: brakes, tyres, wheels, steering No tri bars 	L	N		Rider
2. Pre-ride	Mechanical failure	Rider	M	<ol style="list-style-type: none"> All riders advised to carry: tube(s), levers, pump and/or CO₂, multi-tool All riders advised to carry mobile phone and credit card All riders advised to share contact details pre-ride All riders advised to share 'emergency contact' contact details pre-ride 	L	N		Rider
3. Pre-ride	Separation from group/lost	Rider	M	<ol style="list-style-type: none"> All riders advised to carry mobile phone All riders advised to share contact details pre-ride All riders advised to share 'emergency contact' contact details pre-ride All riders advised to use GPS device with pre-loaded route 	L	Y	Ride Captain to ensure route details are available to download on BMCC website	Rider/Ride Captain
4. Pre-ride	Clothing	Rider	M	<p>Riders advised to check weather forecast and dress appropriately</p> <p>Riders advised to wear at least one item of high-viz clothing</p>	L	N		Rider

5. Pre-ride	Safety equipment	Rider	H	<ol style="list-style-type: none"> 1. Riders strongly advised to wear EN1078 compliant helmet 2. Riders advised to wear appropriate eye covering 3. Riders strongly advised to use daytime running rear lights and consider use of front light 	L	N		Rider
6. Pre-ride	Food/drink	Rider	L	<ol style="list-style-type: none"> 1. Riders advised to carry liquids and food including emergency gels as appropriate to the ride distance 2. Groups to ensure opportunities to stop to replenish liquids especially on hot days 	L	N		Rider
7. Pre-ride	Winter riding	Rider	M	<ol style="list-style-type: none"> 1. Riders advised to consult weather forecast before riding and bring clothing, including waterproofs, as appropriate 2. Riders advised to bring extra layer to be worn in the event of mechanical failure/crash 3. Mudguards to be used during the period of winter daylight saving time 	L	N		Rider
8. Pre-ride	Personal health issues	Rider	H	<ol style="list-style-type: none"> 1. Riders must ensure they are physically capable of riding distance and pace 2. Riders must ensure that they have no underlying health issues that may prevent them from participating 3. Riders must ensure that they carry any necessary medication 	L	Y	Ride captain to ensure route distance and elevation available	Rider/Ride captain
9. Pre-ride	Weather	Rider	M	<ol style="list-style-type: none"> 1. Riders to check weather forecast to ensure that extreme weather (heat/ strong wind etc) will not make the ride outside their capability 	L	Y	Ride captain to cancel rides if necessary	Rider/Ride captain

				<ol style="list-style-type: none"> Riders to ensure they have sufficient protection against high UV levels Ride captain to check Met Office forecast to implement club policy of cancelling rides in the event of 0°C or below overnight temperature 				
10. Pre-ride	Group size/ composition	Rider	L	<ol style="list-style-type: none"> Ride captain to split attending members into appropriately sized groups based upon pace New riders should have completed a CATI or Steady Social Sunday ride prior to riding on a Saturday 	L	Y	Ride captain to split riders into groups	Ride captain
11. Ride	Group communication	Rider	M	Riders to familiarise themselves with group communication protocols as per group riding guidelines	L	N		Rider
12. Ride	Bike on bike collision	Rider	M	<ol style="list-style-type: none"> All riders to observe both the group riding guidelines and group riding principles to minimise the risk of collision In the event of an incident: assess any injuries and, if necessary, administer first aid or call 999 emergency services 	L	Y	Ride Captain to provide periodic reminders to members to re-read these documents	Rider/ Ride Captain
13. Ride	Road traffic accident: collision with motor vehicle	Rider and public	H	<ol style="list-style-type: none"> All riders will observe all aspects of both the Road Traffic Act 1988 and the Highway Code at all times; no exceptions All riders to observe both the group riding guidelines and group riding principles All riders will act as the eyes and ears for the entire group and will draw the group's attention to any potential hazards 	M	Y	Ride Captain to provide periodic reminders to members to re-read these documents	Rider/ Ride Captain

				<ol style="list-style-type: none"> 4. Riders to be advised to wear high viz clothing and use daytime running lights to ensure maximum visibility to approaching vehicles and those emerging from side roads 5. In the case of a forced stop, riders to ensure that all group members are located in a safe position preferably off the carriageway 6. If point 5 is not possible through consideration of injured riders or road conditions, then marshals should be placed either side of incident to warn oncoming traffic of hazard 7. Assess any injuries and, if necessary, administer first aid or call 999 emergency services 				
14. Ride	Falling off	Rider	L	<ol style="list-style-type: none"> 1. All riders to call road hazards (e.g. pot holes) to the group 2. Rides to be cancelled in the event of ice 3. Riders to ensure they are capable of riding 'clipped in' 	L	N		Rider
15. Ride	Third party damage/injury	Rider and public	L	<ol style="list-style-type: none"> 1. All riders to observe both the group riding guidelines and group riding principles to minimise risk of incident 2. All riders to be strongly encouraged to take out suitable third party insurance 3. In the event of an incident: assess any injuries and, if necessary, administer first aid or call 999 emergency services 	L	N		Rider
16. Ride	Theft of cycle	Rider	L	<ol style="list-style-type: none"> 1. Ensure bikes are visible when stopped 	L	N		Rider

				2. If it is not possible to leave bikes in a visible location the riders are encouraged to use a suitable lock				
17. Ride	Mid ride stops	Rider and public	L	<ol style="list-style-type: none"> 1. Choose a safe place to stop avoiding: <ol style="list-style-type: none"> 1.1. Road junctions 1.2. Bends 1.3. Hill brows 1.4. Other physical road hazards 2. Observe points 13.5 and 13.6 above with regards keeping the carriageway clear 	L	N		Rider
18. Ride	Horses	Rider and public	L	<ol style="list-style-type: none"> 1. All riders to observe both the group riding guidelines and group riding principles to minimise risk of incident 2. Alert group to presence of horses at earliest opportunity 3. If approaching head on, then wave to attract horse rider's attention 4. If approaching from behind, then alert horse rider to group's approach by shouting, "Bikes approaching from behind" 5. Ensure that it is safe to pass the horse(s) e.g. no oncoming motor vehicle 6. If the horse appears to be agitated, then wait until the horse rider advises that it is safe to pass 7. Pass the horse(s) wide and slow whilst maintaining slow pedalling cadence as freewheel 'click' can disturb some horses 	L	N		Rider