

# Worthy Wheelers Cycling Club

## Group Rides - Risk Assessment - CURRENT COVID-19 ADVICE

This risk assessment is supplementary to the WWCC club ride risk assessment.

It is designed to address the risks arising from the current Covid-19 outbreak and takes into consideration very current advice from public health and British cycling.

**HAZARD** = something with the potential to cause harm

**RISK** = the chance, great or small, of coming into contact with that hazard

The Risk Assessment uses a High, Medium, Low indicator method. It's a careful examination of what in our club ride activities presents a hazard and

could cause harm to people. It then identifies ways to reduce and manage these risks. These are the control measures to be implemented by all riders on a

club run. This Risk Assessment is generic, that is, it is suitable for all WWCC club rides. As the severity of a hazard cannot be reduced the

control measures seek to reduce the likelihood of the hazard occurring (RISK).

S = Severity	L= Likelihood	Risk R = S x L
1 = Low: None or minor first aid injury	1 = Low Seldom or never likely to happen	1,2 or 3 = Low Risk is controlled as far as reasonably practicable by most riders and leaders following most guidelines
2 = Medium: Outpatient treatment injury	2 = Medium: Reasonably likely to happen	4 = Medium Risk is controlled by all riders and leader following all guidelines.
3 = High Hospitalisation or fatal injury	3 = High Extremely likely to happen	6 & 9 = High. <b>Do not start the ride! Further actions are required to reduce the risk to medium or low</b>

Hazard/ possible cause	Initial Severity	Initial Likelihood	Initial risk	Control Measures to manage risk	Person Responsible	Residual Severity	Residual Likelihood	Residual risk
				Riders must not join rides if they display any Covid-19 symptoms, if someone in their household does, or they are in the extremely vulnerable category	Rider			

Covid-19 Infection	High	Low	Low	Strong hand hygiene to be practiced	Rider	High	Low	Low
				Riders must practice good respiratory hygiene (ie coughing/sneezing into a tissue or the crook of an elbow)	Rider			
				Ensure that all those involved maintain social distancing	Rider			
				Ensure that meeting points and planned stop points are sufficiently large to allow for adequate social distancing and separation between groups	Ride leader			
				Groups must be limited to six people, with time separation of at least 5 minutes between groups on the same route, fastest groups first.	Ride leader			
				Groups should avoid overtaking each other	Ride leader			
				All riders need to be self-sufficient and should bring the route; to this end, only experienced riders may join the rides - no new starters	Rider			
				All riders should be prepared to lead the group, and should familiarise themselves with the leader guidelines	Rider			
				Ensure that all health and safety and first aid guidelines are followed (first aiders to check their governing body's advice, particularly updates to PPE and CPR)	Rider			
				Riders must provide all their own equipment and refreshments if possible and avoid sharing the like of water bottles and food	Rider			
				Riders must exercise within their personal physical and technical limitations to try and avoid additional burden on the NHS and the first aiders present	Rider			
				If a rider develops symptoms of Covid-19, they should stop taking part and follow the Gov't "test & trace" guidelines. Any participant developing symptoms after a session should notify the organiser/leader or Club Membership Secretary so that other members of the group can be advised and all should refer to the latest NHS advice				