A close up of a sign

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| **London Cycling Campaign – Southwark Healthy Rides (Covid)** | |
| Date: Various | |
| Location | Rides will cover Southwark and other London Boroughs |
| Completed by | Bruce Lynn [7 April 21; C:\Cycling\Healthy Rides\HR\_Risk\_safety\_insurance\LCC Healthy Ride Risk Assessment\_Covidv03A.docx] |
| Area Checked | N/A |
| Approved by |  |
| On LCC website as a LCC Official Event or project  approved by LCC staff2? |  |
| Target Audience |  |
| Expected Numbers | 12, maximum 15 |
| Event Outline / scope | Southwark Healthy Rides run weekly, usually on a Saturday morning. They are easy-paced rides avoiding busy roads as much as possible. The aim is to provide enjoyable exercise and they are designed to help any new cyclists to gain confidence and to learn new routes. Rides are led by experienced cyclists and organized by a Co-Ordinator appointed each year at the Southwark Cyclists AGM. More information can be found at https://southwarkcyclists.org.uk/healthy-rides/ |

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|  | **Name** | **Contact telephone number** | **Role in project and competency level – are**  **any special skills needed** |
| Event Lead | Bruce Lynn | 07729 279 945 | Southwark Cyclists Healthy Rides Co-ordinator. CTC (Cycle Touring Club) Best Local Campaigner of 2012. LCC Best Rides and Ride Leader Award, 2019 |
| Volunteer 1 |  |  |  |
| Volunteer 2 |  |  |  |
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|  |  |  |  |
|  |  |  |  |
| First Aider |  |  |  |
| Family Liaison |  |  |  |

**Risk Assessment:**

You should review all the standard risks below and update them for your bike check event – this is just a guide. You should add any risks that are not covered or delete any that are not relevant. This is a public document and should be shared with the ride team and any others who request it. This document is a useful tool to check that you have considered all the relevant risks and help you plan an enjoyable ride for your target group.

This document should be lodged with your coordinator before the ride. If there is an incident on the ride then you should record it on the incident form and submit it to [info@lcc.org.uk](mailto:info@lcc.org.uk) . You may also be asked to send a copy of this risk assessment.

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|  | **Key Risks Identified** | **Risk Owner** | **Mitigated risk level** | | **(A) Comments on nature and potential outcome of risk** | **(B) Measures in place to be implemented to manage risk** |
| **Probability** | **Impact** |
|  | *Risk* | *Who* | *Score: low, med, high* | *Score: low, med, high* | *Please outline what the consequences of this risk occurring could be* | *Please give details of the measures being taken to prevent or reduce this risk, and give details of further actions proposed* |
| **1.** | **Covid-19 – can this activity take place under current government guidance?** | **Ride Co-Ordinator** | Low | High | Yes. Current Guidance states (<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae#exercise-sport-and-physical-activity>) “You can exercise outdoors in a group of 6 or a larger group of any size from up to 2 households (including their support bubbles, if eligible)” All reasonable steps will be taken to mitigate the risk of transmission, in line with COVID-19 Secure guidance. | *Participants will be advised that they must obey all up-to-date government guidance during Rides.*  *Ride information will stress that no-one should attend the ride if they have symptoms of Covid 19.*  *Phone numbers and e-mail addresses of all participants will be collected as part of the registration process so that, if necessary, they can be contacted by Track and Trace.*  *Rides will be limited to 6 riders. Multiple rides may use the same route. They will be kept separated, including at the start and finish and at café stops.* |
| **2.** | **Covid-19 – Social distancing / airborne transmission** | **Ride Leader** | Low | High | Possibility of accidental exposure to Coronovirus. | *Participants will be advised that they must obey all up-to-date government guidance during any Scheme activities. Participants will be told to maintain 1-2m social distancing. At stop lines riders will be instructed to keep at least 1 meter apart. Riders will be instructed to maintain social distance from cyclists not on the ride, and on shared paths from pedestrians (see also Risk 11 below**). Riders will be advised to bring face masks in case there is an incident where wearing a mask would be appropriate* |
| **3.** | **Covid-19 – surface transmission** | **Ride Leader** | Low | High | Possibility of accidental exposure to Coronovirus. | *Participants will be advised that they must obey all up-to-date government guidance during any Scheme activities. Ride leaders will be asked to carry surgical gloves and disinfectant wipes/sanitizing gel in case they need to adjust a bike, although there is no requirement for them to do this.* |
| **4.** | **Covid-19, transmission via food and drink** | **Ride Leader** | Low | High | Possibility of accidental exposure to Coronovirus. | *Riders will not be allowed to share food or drink. At Coffee Stops face masks will be worn while making a purchase. Social distancing will be maintained.* |
| **5.** | **Route – Complex junctions or busy roads (heavy and/or fast traffic)** | **Ride Leader** | **High** | High | Could result in stress or incidents involving riders. | *The route will be designed to avoid complex or dangerous junctions and busy roads. Route to be reviewed in advance of ride. Short sections of busy road may have to be used. In this case if conditions on the day are considered too dangerous, riders may be asked to walk or an alternative route may be used.* |
| **6.** | **Route - Condition** | **Ride Leader** | **Med** | Med | Risk of cyclists falling off if ground is rough or slippery | *Review route as far as practical and attempt to identify likely problem areas (e.g. potholes, mud). Consider if there are better alternatives. Keep in mind need for route to be accessible to riders on tricycles and adaptive bikes.* |
| **7.** | **Safeguarding** | **Ride Leader** | **Medium** | High | Risk of incident with children or adults at-risk | * *Ride will adhere to LCC Safeguarding Policy* * *Ensure that the ride leader is confident to turn away any unaccompanied under 18 or adult at risk* * *Make sure that parents know that they must stay with their child and that carers know adults at risk must be accompanied* * *Invite feedback, good or bad, by getting in touch with* [*info@lcc.org.uk*](mailto:info@lcc.org.uk). |
| **8.** | **Exposure to weather-related elements, including cold, rain, snow, ice, UV radiation** | **Ride Leader** | **Medium** | Low | Riders. Risk of injury, hypothermia, sunburn or other weather-related hazard. | * *Riders will be advised to wear appropriate clothing* * *Any rider inadequately dressed for the conditions will not be allowed to start a ride* * *On sunny days, riders will be advised to use sunscreens and appropriate protective clothing* * *In very adverse weather conditions, for example snow or ice on the roads, rides will be abandoned or cancelled* |
| **9.** | **External Threat – Rivers & Canal** | **Ride Leader** | **Medium** | High | Riders may fall into rivers or canals whilst riding | * *Riders will be briefed about the risks involved* * *If any riders appear not to have the skills to cycle alongside water, the group will be stopped and diverted to an alternative route.* * *At narrow canal bridges riders will walk.* |
| **10.** | **Rider skills or fitness** | **Ride Leader** | **Medium** | **Medium** | Riders may not have sufficient skill or fitness to complete the ride safely. | * *Participants will have been informed in ride information about type and length of ride.* * *Ride Leaders are instructed to always proceed at the speed of the slowest, even if this means shortening the ride.* * *If it appears a rider cannot continue, the Ride Leader will advise them of the best way to get home. If necessary, one of the marshals will escort the rider to suitable transport.* |
| **10.** | **Riders getting lost or separated from the group** | **Ride**  **Leader** | **Low** | High | Risk that riders, including children or at risk adults, become lost | * *Ride will be conducted with marshalling at front and back* * *Phone numbers will be collected as part of the ride registration. Riders will be asked to bring their phones on the ride.* * *Checks on number of riders will be made after main junctions.* * *If an adult/carer becomes separated from the group, marshals will stay with the child or at risk adult until everyone is reunited.* |
| **11.** | **Impact on other road or shared path users** | **Ride Leader** | **Med** | Low | Risk of injuring other road users, notably pedestrians. | * *Routes will be designed to avoid narrow shared paths where social distancing from other path users would be difficult.* * *Riders will be warned to look out for other road users.* * *Care will be observed in areas where the route is shared with other users. The leader should consider whether it is safe to ride on shared use paths with pedestrians, on routes congested with other cyclists (e.g. narrow cycle path), or horses using the route. If necessary the ride will divert to an alternative route or will walk for a short distance.* * *Riders will be instructed to give pedestrians priority at all times* |
| **12** | **Road rage** | **Ride Leader** | **Low** | Low | A group cycling may attract a negative reaction from some other road users. | * *Design and manage ride to minimise impact on other road users as in above risk.* * *Ride Leader and marshals will be briefed to try to calm any situation.* * *Riders will be encouraged to not get involved.* |
| **13.** | **Personal Data** | **Event Leader** | **Low** | Medium | There is a risk that personal data may be exposed as part of the scheme. | * *As part of the Registration process on Eventbrite the following data will be collected. - Name - Email address - Telephone number.* * *Access to the Eventbrite account will be restricted to the Healthy Rides Co-ordinator, the Southwark Cyclists Convenor and appropriate staff at the London Cycling Campaign.* * *Event entries will be deleted from Eventbrite after 2 months* |