



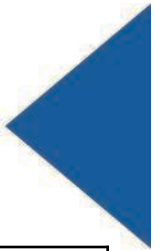
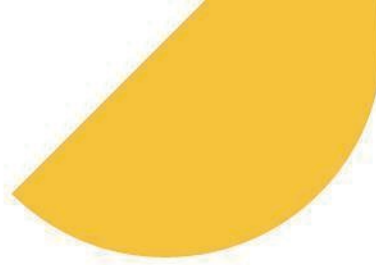
1. u3a Name: Beverley and District U3A	2. Date: 10/04/2024
3. Name of persons completing risk assessment checklist: John Kilner / Adrian Ramsdale, Group Coordinators	
4. Interest Group: Gentle Cycling	
5. Description of Activity: Local cycle rides around the Beverley district. Rides in the region of 10 - 15 miles lasting 1 - 1 ½ hours cycling to complete	

GENTLE CYCLING RISK ASSESSMENT CHECKLIST

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 activity takes place, and you can always add to this during the activity.

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
General	Have you taken a register of members in attendance?				
	The cycling group is about gentle exercise, and rides should be suitable for anyone who can ride a bike at a gentle pace for about an				
	The ride leader should ask the riders if there are any issues that might affect their ability to complete				
	Tailor routes and ride duration to the abilities and fitness levels of group members.				
	Schedule regular breaks and ensure participants can rest and hydrate during rides.				
Falls and injuries	Encourage members to use well-maintained bicycles with properly inflated tyres and functioning brakes and working lights				

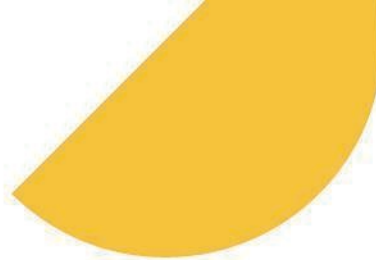




	Require participants to wear helmets and high vizability clothing.				
Adverse weather conditions	Monitor weather forecasts and reschedule or cancel rides in case of severe weather.				
	Cancel rides when local weather forecast is for winds over 15 m.p.h. or temperature below 5 degrees C				
Wellbeing	Encourage members to carry a fully charged mobile phone and provide emergency contact numbers.				
	Encourage members to carry water or other hydration drinks				
	Provide clear route instructions for all participants.				
	Assign a designated "sweeper" rider to ensure no one is left behind.				
	Establish a protocol for regrouping in case of separation.				

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





u3a	Outdoor Activity Risk Assessment Checklist	Beverley & District U3Ast	
Version	Description of changes	Date of change	Review date
1.1	Original Checklist	3.08.2023	

