

Cam, Dursley & District U3A

Cycling Risk Assessment Checklist

Group	Date
Cycle Route	Time

Group Organiser Checklist	Yes	Comments
Have you advised attendees of the following before the ride?		
1) That they are responsible for their own safety?		
2) They should wear suitable clothing.		
3) They should follow the Highway Code which recommends wearing a helmet.		
4) They should be aware of rules for riding safely in a group.		
5) The level of fitness required for the ride.		
6) The surface conditions, likely traffic volumes and distance.		
7) To bring their own tools and first aid kits.		
8) The meeting point and car parking facilities.		
9) Whether there are any toilet and refreshment facilities en route.		
Before the ride		
1) Ensure all participants are U3A members		
2) Do you have an accident report form? If used, a copy should be sent to the Groups Coordinator		
3) Can you call emergency services if required?		
4) Do you have the names of all attendees and their emergency contact nos.?		
5) Have you done a recce of the route to identify any hazard?		
6) Do you have an alternative plan for bad weather?		

Exceptional Circumstances

Additional conditions may have to be taken into consideration in running this activity. If so, please consider any measures necessary to reduce hazards involved.

Notes for Exceptional Circumstance

Signed

Dated