

Risk Assessment - Walden Velo

Last Updated: 15/05/2021

1 DESCRIPTION OF ACTIVITY

This risk assessment applies to all Sunday and Mid-Week rides arranged by the club in the aftermath of the COVID-19 pandemic

This risk assessment is a specific extension to the risks identified within the general rides risk assessment and has been performed to assess the risks associated with club rides arising specifically from COVID-19.

Riders are responsible for their own all other riders safety, and the safety of the public, during and after club rides. Riders should personally assess the risks associated with joining a group ride and ensure that they are comfortable doing so.

2 GENERAL NOTES

1. Do not attend the ride if you or someone in your household has COVID-19 symptoms (or is quarantined) or you have been asked to remain at home by the Government's Track and Trace System.
2. Riders should be familiar with the club ride guidelines and general rides risk assessments.
3. Select a ride group (speed & distance) that you know you can manage comfortably. These are intended to be social rides and are not the time to stretch yourself.
4. If you develop symptoms of COVID-19 during the ride you must stop riding immediately and follow the Governments Test and Trace guidelines. Ensure that the ride leader is aware.
5. Disperse promptly at the end of the ride and do not gather in larger groups
6. Further advice is available via the gov.uk, Sport England and British Cycling websites.
7. Ride members are encouraged to provide feedback in relation to mitigations and to discuss any issues during rides, please send feedback to the club secretary.

3 INFECTION PROCEDURE

If you develop symptoms of COVID-19 within 14 days of the ride please inform us via secretary@waldenvelo.com indicating which group you rode with. The secretary will contact all members who attended that day and inform them that a fellow rider has symptoms. All participants should follow the latest NHS advice.

Riders who develop symptoms during the ride must immediately leave the group and head home. Contact the committee (email above), or your ride leader. Follow latest NHS guidance.

4 RISK SCORING

Risks are assessed based on their description before, and after, mitigating actions have occurred. The assessment is based on the probability, and severity, whereby:

Probability

1. Extremely Unlikely
2. Unlikely, but possible
3. Likely
4. Highly Likely
5. Extremely Likely

Severity

1. No harm
2. Minor Injury (minor cuts)
3. Non-Serious injury (May require first aid)
4. Serious Injury (Requires medical treatment)
5. Death / life-changing injury

The severity applies to any infected party, and includes members of the public. Where injury is not the harm, equivalent severity scores will be applied as appropriate.

Following assessment, an overall risk score is determined using the table below. It has been colour coded to indicate overall severity. Where **green** indicates a low risk. **Amber** indicates a medium risk. **Red** indicates a high risk.

		Severity				
Probability		1	2	3	4	5
	1	L	L	L	L	L
	2	L	L	M	M	M
	3	L	M	M	H	H
	4	L	M	H	H	H
	5	L	M	H	H	H

5 RISK IDENTIFICATION

Description of Risk	P r o b a b i l i t y	S e v e r i t y	Ov er all Sc or e	Mitigating Actions	P r o b a b i l i t y	S e v e r i t y	Re sid ual Sc or e
COVID19 Infection through sick individuals	4	5	H	Riders must not attend the ride if, within the last 14 days <ul style="list-style-type: none"> - They have symptoms - A member of the household has symptoms - They have been asked to remain at home by the track and trace system - They have come into contact with an individual to have suspected COVID19 symptoms 	1	5	L
COVID19 Infection from a rider who later develops symptoms	3	5	H	All riders must provide their name to the ride leader. The names of all riders will be given to the committee to retain for up to 21 days, in order to contact other members of the group in the event of symptoms or a positive. This mitigation does not reduce the risk to riders directly. It reduces the risk to the public.	3	5	M
COVID19 Infection (Congregation)	3	5	H	When gathering before the ride remain at least 2m from other riders and members of the public.	1	5	L
COVID19 Infection (Congregation)	3	5	H	Disperse from the ride once the ride has completed	1	5	L

COVID19 Infection (Social Distancing)	3	5	H	Riders may ride side by side with a minimum distance of 1m between riders. This is based on BC guidance.	2	5	M
COVID19 Infection (Social Distancing)	3	5	H	Where 1m distance cannot be maintained for longer periods riders should return to single file Examples of this include (but are not limited to) - Lines of parked cars - Narrow Roads - Oncoming traffic	2	5	M
COVID19 Infection (General)	3	5	H	Do not share water bottles, food, or any equipment under any circumstances.	1	5	L
COVID19 Infection (General)	3	5	H	Do not touch other riders' equipment (bike, helmet, etc)	1	5	L
COVID19 Infection (General)	3	5	H	Riders must be entirely self-sufficient to repair mechanical issues, or able to call for assistance from home.	1	5	L
Respiratory Distress	3	4	H	Face masks are optional, riders should ensure that they do not restrict breathing.	1	4	L
Rider develops symptoms during the ride	3	5	H	Immediately leave the group and return home. Notify the ride leader and follow all government test and trace guidelines.	1	5	L
Disease transmission	3	5	H	Practice good hygiene during the ride - Sneeze or cough into a tissue or the elbow if necessary - Spitting and "snot rockets" are not permitted within the group. - If you must clear your throat (e.g. fly in throat, a surprise coughing fit) – Move to the back of the group. - Consider taking antihistamines if you suffer from hay fever (to minimise sneezing)	1	5	L
COVID19 Infection (General)	3	5	H	Limit shouting as far as possible. - Point to obstacles well in advance - Call car back / car up only when essential	1	5	L

COVID19 Infection (General)	3	5	H	<p>Groups may form in up to 10 riders if the group is of similar ability and agrees to do so.</p> <p>British Cycling guidance permits up to 155 riders until the 17th May, after which there is no limit.</p> <p>This group limit is in line with the general rides risk assessment, limiting group sizes for safety reasons.</p>	1	5	L
COVID19 Infection (General)	3	5	H	<ul style="list-style-type: none"> - Groups will meet in separate areas of the Saffron Walden. Speed groups will start at different times to avoid large numbers in one place. - Ride times will be communicated through email. 	1	5	L
COVID19 transmission - Cardiac Incident	2	5	H	<p>Do not perform mouth to mouth CPR in the event of a cardiac event. Only perform chest compressions.</p> <p>Face coverings are advised when performing any form of first aid.</p>	2	5	M
Unclear guidelines	N/A	N/A	N/A	Groups will be reminded of the guidelines regularly.	N/A	N/A	N/A
Contamination – Sharing items	3	5	H	<p>Ride leaders should collect electronic copies of names.</p> <p>Do not share pens to exchange details</p>	1	5	L
COVID Transmission – First Aid	3	5	H	<p>The club does not provide first aiders for club rides.</p> <p>Face coverings are advised in order to perform first aid at the roadside where necessary</p>	2	5	M
COVID19 Infection (Social Distancing)	3	5	H	<p>When passing members of the public (pedestrians, horse riders, other cyclists)</p> <ul style="list-style-type: none"> - Provide as much space as possible - Move to single file when passing other road users 	2	5	M
COVID19 Infection (General)	3	5	H	<p>If catching another group, slow down to avoid passing them.</p> <p>If the other group has a mechanical issue, pass quickly and smoothly, with appropriate distance.</p> <p>If another group is stopped at a junction or blockage in the road, wait further down the road at a safe distance. 30m is suggested.</p>	2	5	M

