

## WORTHING OTTERS TRIATHLON CLUB RISK ASSESSMENT

### 1. OFF-ROAD CYCLING

Date	Assessed by	Activity	Location	Remedial Action Deadline	Review Date
29.04.2009	N Treacy	Off road - bike rides	Country Tracks		29.04.2010

GENERIC PRECAUTION - the following generic precautions should be taken by coaches: Select a route which contains the lowest occurrence of each hazard as possible. Be fully aware of where any hazard is or may occur on the course. Brief the athletes prior to riding as to where the hazards may be and what the correct safe evasive action is. Advise that verbal warnings will be given as a hazard approaches and that this warning must be clearly and loudly repeated by each rider. When the session is in progress give clear verbal instructions as a hazard approaches, and ensure the warning is being passed on. Control the speed and spacing of the group to maximise safe conditions. Carry mobile phone and family contact numbers and call emergency services and relatives if needed.

	Hazard	Who may be harmed, How?	Risk	MPI	Specific Precautions	Recommendations	Priority
1	Pot Holes	All Riders Crash bike	Med	Serious			
2	Weather related hazard; Thick mud, deep puddles, icy tracks, slippery objects eg, stones, roots.	All Riders Crash bike	Med	Serious			

	<b>Hazard</b>	<b>Who may be harmed, How?</b>	<b>Risk</b>	<b>MPI</b>	<b>Specific Precautions</b>	<b>Recommendations</b>	<b>Priority</b>
3	Sharp corners	All Riders Crash bike	Med	Serious			
4	Other riders	All Riders Riding too close, Collision	Med	Serious	Coach to demonstrate safe riding and braking distance before session.		
5	Pedestrians and Animals eg horses, dogs	All Riders Collision	Med	Serious	Coach to advise that each athlete must constantly check for this hazard		
6	Loose riding surface	All Riders Crash Bike	Med	Serious			
7	Other obstacles eg fallen branches	All Riders Crash Bike	Low	Serious			

## 2. ROAD CYCLING

Date	Assessed by	Activity	Location	Remedial Action Deadline	Review Date
29.04.2009	N Treacy	On road - bike ride	Public Roads		29.04.2010

GENERIC PRECAUTION - the following generic precautions should be taken by coaches: Select a route which contains the lowest occurrence of each hazard as possible. Be fully aware of where any hazard is or may occur on the course. Brief the athletes prior to riding as to where the hazards may be and what the correct safe evasive action is. Advise that verbal warnings will be given as a hazard approaches and that this warning must be clearly and loudly repeated by each rider. When the session is in progress give clear verbal instructions as a hazard approaches, and ensure the warning is being passed on. Control the speed and spacing of the group to maximise safe conditions. Carry mobile phone and family contact numbers and call emergency services and relatives if needed.

	Hazard	Who may be harmed, How?	Risk	MPI	Specific Precautions	Recommendations	Priority
1	Pot Holes	All Riders Crash bike	Low	Serious			
2	Weather related hazard; Icy roads. Wet - roads, man hole covers, drain covers.	All Riders Crash bike	Med	Serious			
3	Sharp corners	All Riders Crash bike	Med	Serious			

	<b>Hazard</b>	<b>Who may be harmed, How?</b>	<b>Risk</b>	<b>MPI</b>	<b>Specific Precautions</b>	<b>Recommendations</b>	<b>Priority</b>
4	Other riders	All Riders  Riding too close, Collision	Med	Serious	Coach to demonstrate safe riding and braking distance before session.		
5	Pedestrians and Animals eg horses, dogs	All Riders  Collision	Low	Serious	Coach to advise that each athlete must constantly check for this hazard		
6	Traffic	All Riders  Being hit by traffic	Low	Major	Coaches to advise athletes to wear bright colours, always ride single file and constantly be aware of this hazard.		