CHESTER GREAT OUTDOORS CLUB

Dynamic Risk Assessment – Cycling

Ride Leader "On-the-Day" Checklist

The following are some checks to be considered as part of planning and leading a ride. It supports real-time decision making and should be reviewed before and during the event.

Requirement	Checked – Yes/No	Ride Leader Prompts	Action if Issue Identified
Pre-Ride Checks (Before Starting)			
Weather & Conditions		Current and forecast weather checked	Modify route, shorten or cancel ride
Route Suitability		Route appropriate to group ability	Use alternative or easier route
Legal Access		Permitted roads/trails only	Reroute as required
Group Size		Group size manageable	Split group or reduce pace
Rider Ability		Experience consistent across group	Adjust pace or regroup more often
Bike Condition		Bikes roadworthy / trailworthy	Delay start or exclude unsafe bike
PPE		Helmets worn, suitable clothing, bike lights	Resolve before starting
Briefing		Hazards and riding rules explained	Complete briefing before departure
Pre-Ride Checks (Before Starting)			
Traffic / Other Users		Increased traffic or shared-use conflict	Slow pace, reroute, change formation
Terrain / Road Surface		Unexpected hazards present	Warn riders or dismount/reroute

Weather Change		Conditions deteriorating	Shorten or abandon ride
Group Control		Group spreading out or bunching	Stop and regroup
Fatigue		Riders showing fatigue or heat stress	Increase breaks or reduce effort
Mechanical Issues		Repeated bike problems	Assist exit or end ride
Welfare		Rider discomfort or illness	Stop ride and assess

Incident / Emergency Considerations

Scene Safety		Risk from traffic or terrain?	Make scene safe before assisting
Casualty Care		First aid required?	Provide first aid
Emergency Contact		Emergency services required?	Call 999 or 112
Group Management		Is group supervised?	Assign volunteers if needed
Decision		Can ride safely continue?	End or significantly shorten ride

Other Considerations