Chester Great Outdoors Club Risk Assessment

Generic Risk Assessment – Road Cycling Activities

Activity: Road Cycling – Organised Group Rides

Environment: Public highways and roads

Participants: Volunteers, volunteer ride leaders, club and prospective club members

Assessment Type: Generic – Volunteer Led (to be supported by dynamic risk assessment on the day)

Useful References:

Members Area - Chester Great Outdoors Club – includes Insurance and Accident Reporting Statement; CGOC Leaders Notes; CGOC Safety Participation Guidelines, etc

Cycle safety advice | Cycling UK

Risk assessment template | Cycling UK

Highway Code

Countryside Code

Management of Health and Safety at Work Regulations 1999

All volunteer activity leaders are strongly encouraged to recce the route / activity prior to the event in order to identify potential hazards.

Version 1 – October 2026

CHESTER GREAT OUTDOORS CLUB

Hazard	Who May Be Harmed	Potential Harm	Control Measures (Volunteer-Led)	Residual Risk
Traffic (cars, HGVs, buses)	Cyclists, members of the public	Collision resulting in serious injury or death	Routes planned on quieter roads where possible; adherence to Highway Code; clear group riding rules; volunteer leader briefs riders before start; bike lights and bright clothing improve chances of being seen by people in vehicles	Medium
Junctions and roundabouts	Cyclists	Collision with vehicles	Volunteer leader highlights high-risk junctions; riders instructed to obey road markings and signals; regroup after junctions	Medium
Poor road surfaces (potholes, gravel, debris)	Cyclists	Falls, loss of control, injury	Leaders warn of hazards verbally or with hand signals; routes checked in advance where possible; appropriate spacing between riders	Medium

Weather conditions (rain, wind, heat)	All participants	Reduced control, heat exhaustion, exposure	Weather forecast checked before ride; ride shortened or cancelled if unsafe; participants advised on appropriate clothing, hydration and sunscreen	Low–Medium
Group riding risks (close riding, sudden braking)	Cyclists	Collisions within group, falls	Pre-ride briefing on group riding etiquette; no overlapping wheels; controlled pace set by volunteer leader	Medium
Mechanical failure	Cyclists	Loss of control, stranding	Participants responsible for roadworthy bikes and carrying basic tools for their own bike; regular regrouping points used	Low–Medium
Fatigue / overexertion	Participants	Reduced concentration, increased accident risk	Route length and pace suitable for group ability; regular stops; ability to shorten route or split group	Low–Medium
Medical emergencies	Participants	Serious illness or injury becoming worse	Medical conditions encouraged to be disclosed; leaders aware of	Medium

			emergency procedures; mobile phones carried	
Remote areas / limited mobile signal	All participants	Delayed emergency response	Leaders aware of access points; emergency procedures known (999/112); group stays together in incident	Medium

Emergency Procedures (Volunteer Led)

1. Stop the group in a safe location and make the scene safe
2. Provide first aid where appropriate
3. Call 999 or 112 if required and provide clear location and casualty details
4. Assign volunteers to manage traffic or group safety if safe to do so
5. Follow emergency service instructions and keep group together
6. Report incident to CGO Secretary

CHESTER GREAT OUTDOORS CLUB

Review Date	Reviewed By	Comments / Changes Made
27th Oct 2026	CGOC Committee	1st Issue