RISK ASSESSMENT WIZARD



CYCLING

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Enhances cardiovascular fitness and endurance through sustained riding and varying terrains.

Leg Strength

Improves leg strength and muscle tone with regular pedaling and resistance.

Balance & Coordination

Develops balance and coordination essential for safe and efficient riding.

Mental Well-being

Boosts mental well-being and stress relief through outdoor activity and rhythmic movement.

Flexibility

Increases flexibility and range of motion in the lower body through extended riding sessions.

Weight Management

Supports weight management and overall physical health through consistent aerobic exercise.

KEY HAZARDS & CONTROL MEASURES

Collisions with Vehicles

- ✔ Obey traffic laws and signals
- ✔ Use designated bike lanes where available
- ✔ Wear high-visibility clothing and use lights
- ✔ Signal intentions clearly with hand signals

Road Surface Hazards

- ✔ Stay alert and scan the road ahead for potholes and debris
- ✔ Maintain safe following distance to allow reaction time
- ✔ Use appropriate tire pressure and wider tires
- ✔ Adjust speed for road conditions

Wet or Icy Roads

- ✔ Check weather forecasts and plan routes accordingly
- ✔ Use tires suitable for wet or icy conditions
- ✔ Reduce speed and avoid sudden movements
- ✔ Consider postponing rides in hazardous conditions

Equipment Failure

- ✔ Perform regular maintenance checks on brakes, tires, and chain
- ✔ Replace worn or damaged parts promptly
- ✔ Keep tires inflated to recommended pressure
- ✔ Consider professional servicing periodically

Poor Visibility

- ✔ Use front and rear lights in low-light conditions
- ✔ Wear reflective or high-visibility clothing
- ✔ Equip bicycle with reflective tape or devices
- ✔ Reduce speed and be extra cautious

Inadequate Protective Gear

- ✔ Wear a helmet that fits properly and meets safety standards
- ✔ Use additional protective gear like gloves and eyewear
- ✔ Replace helmets after significant impacts
- ✔ Educate on the importance of protective gear

Fatigue & Overexertion

- ✔ Plan rides that match fitness levels
- ✔ Take regular breaks to rest and refuel
- ✔ Listen to your body and avoid overexertion
- ✔ Stay hydrated and consume appropriate nutrition

Adverse Weather

- ✔ Check weather forecasts before riding
- ✔ Wear appropriate clothing for conditions
- ✔ Stay hydrated and carry water
- ✔ Postpone rides in extreme conditions

Group Riding Hazards

- ✔ Educate riders on group riding etiquette
- ✔ Communicate intentions with hand signals and calls
- ✔ Maintain consistent speed and spacing
- ✔ Assign experienced riders as leaders

Junctions & Roundabouts

- ✔ Approach junctions with caution
- ✔ Obey traffic signals and signs
- ✔ Make eye contact with drivers when possible
- ✔ Position yourself to be visible to other road users

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Brief all staff on key risks and emergency procedures
- [ ] Ensure all identified hazards have control measures in place

Bicycle Checks

- [ ] Brakes working properly
- [ ] Chain lubricated
- [ ] Quick releases secure
- [ ] Reflectors in place
- [ ] Tires properly inflated
- [ ] Gears shifting correctly
- [ ] Lights working (if needed)

Rider Preparation

- [ ] Helmet properly fitted
- [ ] Appropriate footwear
- [ ] Mobile phone charged
- [ ] Route known/planned
- [ ] High-visibility clothing
- [ ] Water/hydration available
- [ ] ID carried

Group Rides

- [ ] Ride leader assigned
- [ ] Route briefing given
- [ ] First aid kit available
- [ ] Sweep rider assigned
- [ ] Emergency contacts shared

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