

## Sample Cycle ride

This part of the Tri-Freedom event passes through Princess Parade along the front, through the Albert Dock up to Britannia pub for refreshments. Cyclists can finish at the Britannia pub. Choose Freedom will be setting up the gazebo at Mann Island and riders will be signing on and led along the front by ride leaders.

Please fill out the following risk assessment form before organising a Tri-Freedom event. Some example answers have been provided to show the level of information you need to include.

**Completed by: [Name], Date: [mm/dd/yy], Time:**

Start/Finish Point	Mann Island to Britannia pub on Otterspool Prom. Riders will finish at the Britannia pub.
Description	This is part 3 of the Tri-Freedom event (Bike ride) through Princess Parade along the front through the Albert Dock up to Britannia pub for refreshments. Cyclists can finish at the Britannia pub. Choose Freedom will be setting up the gazebo at Mann Island and riders will be signing on and led along the front by ride leaders.
Distance(miles)	5 miles
Estimated Cycling Time	50 minutes
Estimated Total Time	60 minutes
Facilities	Bikes and helmets provided. 1 ride leader to every 6 participants. Basic maintenance provided for cyclists.
Age Restriction	16+
Stopping Points	Liverpool museum, Albert Dock, Echo Arena, Chinese restaurant. Britannia pub
Points of Interest	Albert Dock, Echo Arena
Bike Suitability	Good surface, suitable for bikes provided.
Car Parking	Stanley park, Britannia pub
Public Transport	Good network of public transport to and from the City Centre Brunswick train station is a 15 minute walk from the Britannia pub

### Generic risk assessment

Risk/hazard description	People at risk	Risk rating	Notes
Fall from cycle	Riders, Leaders	Low	Riders to be advised of any specific hazards. Route chosen carefully with regard to the group, skill level, gradients and terrain. Riders advised to wear a suitable and properly adjusted helmet.
Collision between two or more riders	Riders, Leaders	Low	Clear instructions on spacing, particularly when going downhill; encourage communication with others in group verbally and hand signals etc.

Risk/hazard description	People at risk	Risk rating	Notes
Collision between rider/leader and other road users	Riders, Leaders, members of the public	Low	Clear instructions on spacing, particularly when going downhill; encourage communication with others in group verbally and with hand signals etc. Brief group on Hazards presented by others e.g. pedestrians, animals and other cyclists
Traffic accident	Riders, Leaders, members of the public	Low	Clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of on-road sections and of Hazards presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group. Ride leaders to be trained in first aid.
Road Junctions (Traffic Lights, Cross Roads, Roundabouts, Multi Lane Junctions)	Riders, Leaders, members of the public	Low	Clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of on-road sections and of dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group. Use snaking techniques on difficult junctions and where appropriate.
Narrow lanes / Roads	Riders, Leaders, members of the public	Low	Clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of on-road sections and of hazards presented by others e.g. vehicles, pedestrians, animals and other cyclists.
Canal Tow Paths	Riders, Leaders, members of the public	Low	Clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of on-road sections and of dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Leaders to carry throw rope as recommended by British Waterways.
Mechanical breakdown	Riders, Leaders	Low	Leaders to check bikes before the start of ride and carry appropriate spares and tools. All riders advised to bring any spares and tubes specific to their bikes.
Medical emergency	Riders, Leaders	Low	Leader to have current First Aid Qualification and check medical information on disclaimer/consent forms. Leader to carry First Aid kit.
Adverse weather	Riders, Leaders	Low	Check current weather forecast. Leaders to advise on suitable clothing. Have alternative routes in mind and shorten/modify where appropriate.
Navigational error	Riders, Leaders	Low	Leader to have pre-ridden the route and carry a map. Compass, bike computer where appropriate.
Group separation/missing group members	Riders	Low	Clear instructions to adult helpers/leaders: supervise both head and tail of group. Leaders to remain in contact regularly. Riders to be informed if they are leaving the group they must first inform the leader.

## Specific risks

Hazard location (distance from start)	Risk/hazard description	People at risk	Risk rating	Notes
Location and distance from start: Mann Island 5 miles away from the Britannia pub.	<p>Assembly area. Collisions with pedestrians, other cyclists. Cyclists must be aware that Mann Island is a high pedestrian zone.</p> <p>At Mann Island Bike Right! Will be setting up the Gazebo so the participants can sign on to the third part of the Tri-Freedom event.</p>	Riders, leaders, members of the public	Low	<p>Advise riders to be aware of other riders and pedestrians as the route is a pedestrian area.</p> <p>Staff and riders to be aware of pedestrians in the area, the gazebo is to be weighted down by the weights especially in windy weather. Bikes to be stored in the van or locked to the cycle stand outside Mann Island if needed. The riders will also be using the City Bikes (ride leaders to help participants to get the bikes out of the stands. All staff when packing up to make sure all area is cleared before leaving the site.</p>
City Bikes	All staff to help remove the bikes from the stand	Staff and participants	Low	Staff to be advised on how to remove the City Bikes from the stands.
Pier Head through to the Albert Dock	<p>Riders keep to the road and not ride on the pavement as it is a built up area and to be aware of pedestrians. The road does have speed bumps so cyclists advised to ride slowly. Ride leaders to be aware of pavement at Liverpool museum and to use the sloping pavement.</p>	Riders, leaders, pedestrians Other road users	Low	Ride leaders to be aware of cyclist and other road users at all times. Cyclists to be aware as the Pier Head is a high pedestrian area to be aware of pedestrians walking across their path as well as loose dogs.
Albert Dock	The ride through the Albert Dock could be busy at the time of day for the ride, cyclists may need to get off and walk, ride leaders need to be aware and get off if appropriate.	Riders, leaders, other users	Low	Riders and leaders to be aware that this is a built up area and the ride is at peak time and could be heavily pedestrianised.
	This route has got cobblestones and bridges, cyclists need to be aware of cobblestones and keep to the route and bridges can be slippery due to weather advise cyclists to walk if needs be.	Riders, leaders, other users	Low	Bridges can be slippery due to weather, ride leaders to have pre-ridden the route before hand and to be aware of bridges and any other hazard.
Echo Arena/ Otterspool Prom	<p>Road by the Echo Arena is traffic light controlled and can be narrow in places. Riders will have to ride on road a bit, through the locks and be aware of built up furniture along the route</p>	Riders, leaders, other users	Low	Cyclists to be aware of other users and to make pedestrians and other users aware that the group is a large group.
Gates by the Marina	Someone has dug out the path by the gates near the Marina, this is the gated area that is gated at either end.	Riders, leaders, other users	Low	The gate is narrow, half of the path has been taken away so riders will have to get off and walk through gates.

Hazard location (distance from start)	Risk/hazard description	People at risk	Risk rating	Notes
Otterspool Prom/ Chinese restaurant	Path narrows alongside the prom near the Chinese restaurant due to work on site, riders to walk single file as the route also has two steps to walk down. The route also has cobblestones and furniture along the route.	Riders, leaders and other users	Low	The route has barriers along the route it has cobblestones, large seating areas, lampposts, large stones, large anchors, lifebuoy's, bandstands and barriers. Ride leaders to make cyclists aware of this quite early to avoid collisions.
Barriers/street furniture/roundabouts	Ride leaders to make sure cyclists are aware of street furniture, not to make unusual manoeuvres and to be aware of giving way to traffic from the right.	Riders, leaders and other users	Low	The off road route along Otterspool prom has got a lot of street furniture so make sure cyclists are aware of barriers in their way. Riders to be assisted at roundabouts and to be advised to give way to other road users from the right.
Wooden bridges	The bridges along the route can be slippery when wet.	Riders, leaders and other users	Low	Riders to get off and walk along bridges if slippery. Ride leaders to have pre ridden the route.
Riders to ride along the route with a ride leader, when riders arrive at the Britannia pub leaders to help with putting City Bikes in the dock or away in the van	Riders to be aware of pedestrians and other users along the Pier Head, through the Albert Dock and Otterspool promenade as this is a heavily footed pedestrian area as well as a regular cycle route.	Riders, leaders and other users	Low	Ride leaders to make cyclists aware of the hazards by talking to riders pre-ride, to stay in lane and follow instructions of ride leaders. Riders must follow the Highway code at all times, to space out and be aware of other road users.