

## Sample Public Transport

This is part two of the Tri-Freedom event. This is a short one stop on the train from Sandhills station and then a short walk to Mann Island at the Pier Head, participants will then receive a bike and have a 5 mile bike ride to the Britannia pub. Participants can have a short rest whilst they are registering for part three of the event.

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	Sandhills station to Mann Island/Pier Head
Description	.This is part two of the Tri-Freedom event. This is a short one stop on the train from Sandhills station and then a short walk to Mann Island at the Pier Head, participants will then receive a bike and have a 5 mile bike ride to the Britannia pub. Participants can have a short rest whilst they are registering for the third part of the event.
Distance (miles)	2 miles
Estimated Cycling Time	None
Estimated Total Time	20 minutes
Facilities	Toilets in Mann island or the museum
Age Restriction	16 +
Stopping Points	Sandhills station/ Moorfields station and Mann Island
Points of Interest	Pier Head
Bike Suitability	Not needed
Car Parking	Mann Island for the BikeRight! van
Public Transport	National rail the Northern line.

### 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 dangers 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 dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Deploy other staff and responsible adults appropriately throughout the group.
Road Junctions (Traffic Lights, Cross Roads, Roundabout, 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 dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists.
Canal Tow Paths/ Off-road paths	Riders, Leaders, members of the public	Low	Clear instructions on speed, formation, spacing, signals and communication. Brief group on problems of off-road sections and of dangers presented by others e.g. vehicles, pedestrians, animals and other cyclists. Warn about possible debris, litter and glass.
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 inform the leader.

## Specific risks

Hazard location (distance from start)	Risk/hazard description	People at risk	Risk rating	Notes
Start/finish assembly area (0miles)	Assembly area. Collisions with pedestrians, other cyclists.	Riders, leaders, members of the public	Low	
Slips and falls	Participants falling on platform. All users to adhere to the railways by-laws.	Everyone	Low	Staff reinforce that the event is not a race and to take their time getting on and off the train. All users are familiar with both train stations.
Participants losing their way	Participants losing their way along the route or coming out of Moorfields station walking the wrong way.	Everyone	Low	All participants will be given a map and arrows can be put along the route, Participants will also be given a contact number so they can have assistant.
Moorfields station to Mann Island	This is a short walk to Mann Island. Participants have to cross a main road which is traffic light controlled. They have to cross a road at Moorfields station and one other along the route both roads are one way only.	Everyone	Low	All participants can be greeted on the main road by staff, this junction is a pedestrian crossing, Participants come out of Moorfields station turn right and walk straight down to Mann Island (Pier Head)
.	See part 3 risk assessment for Mann Island and the bike ride			.