



SOUTHWELL u3a OUTDOOR/INDOOR SPORTING RISK ASSESSMENT CHECKLIST

Interest Group CYCLING FOR FUN	Date: 29TH July 2024
Name of person completing risk assessment checklist: Dave Johnson	
Description of Activity: GROUP CYCLING ON PUBLIC HIGHWAYS AND TRAILS	

This checklist is to help in the planning for an outdoor sporting activity. This isn't an exhaustive list, so think carefully about any specific risks you may encounter. It is likely that you will need to add to this risk assessment checklist. This form can (and should) be altered to suit specific activity requirements.

	Risk Assessment Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
Member wellbeing and safety	Have you taken a register of attendees?	YES			THE INFORMATION IS NOT STORED.
	Do you have the emergency contact details of each attendee if members are happy to provide this information?	YES			LIST MAINTAINED BY FS AND CIRCULATED TO ALL MEMBERS.
	Have you checked the weather to ensure that it is suitable for this u3a activity to go ahead?	YES			OUTSIDE ACTIVITY DEPENDENT ON WEATHER.
	Do all attendees have access to water?	YES			INDIVIDUAL'S RESPONSIBILITY TO CARRY WATER.
	Have all attendees removed loose jewellery (if appropriate)?			N/A	WHAT THEY WEAR IS UP TO INDIVIDUAL'S DISCRETION.
	Are all attendees wearing suitable clothing/footwear?	YES			
	Have attendees appropriately warmed up?	YES			WARMUPS ARE NOT PART OF OUR NORMAL APPROACH. INDIVIDUAL'S WHAT THEY DEEM NECESSARY.
	Have attendees had the opportunity to make the group leader aware of any illnesses that may impact their participation and what actions should	YES			WE ARE AN OPEN GROUP AND COMMUNICATE WITH EACH OTHER.





	be taken if illness occurs? Note, this is not an obligation on members.				
	Is there a space for attendees who need to take a break?		NO		BUT IF SOMEONE REQUIRES A REST WE ALL STOP AND ADMIRE THE VIEW, FREQUENT STOPS ARE PART OF OUR NORMAL ROUTINE.
	Is there a first aid box that is easy to access and fully stocked?		NO		INDIVIDUALS CARRY THEIR OWN.
	Are attendees aware in the event of a serious incident, they should call emergency services even if there is a trained first aider present?	YES			RIDE LEADER WOULD DO THIS IN THE EVENT OF ILLNESS OR ACCIDENT.
Activity area/ public space	Is the activity taking place in an area specifically designed for this activity (e.g., a tennis court)?		NO		USE OF ORDINARY ROADS AND TRAILS.
	Is the activity area suitable for the activity taking place?			N/A	
	Is the activity area accessible to attendees?			N/A	
	Is the activity area accessible to emergency vehicles?			N/A	
	Have you inspected the ground and activity area for hazards?	YES			RIDES ARE USUALLY RECCE'D ALTHOUGH NOT ALWAYS
	Have you removed any hazards in the activity area if safe to do so?			N/A	
	Are spectators a safe distance away from the activity area?			N/A	





	Is there a secure area to store attendees' belongings during the u3a activity?		NO		
Equipment	Is the equipment in good condition and fit for use?	YES			PARTICIPANTS USE THEIR OWN EQUIPEMENT AND ARE RESPONSIBLE FOR ITS MAINTANACE.
	Have attendees received a demonstration on how to use equipment correctly?			N/A	
	Is there the correct equipment/vehicle to transport heavy items required for the activity (if applicable)?			N/A	
	Is there a lockable storage or secure area to store equipment when not in use (if applicable)?			N/A	

u3a	Outdoor Sporting Risk Assessment Checklist	The Third Age Trust
This Risk Assessment must be checked annually and amended as needed		
Please send any updates to the webmaster		

