

Course identification : Club 10 miles Time Trial on Salt Ayre Track (12 and half circuits)

Risk assessment prepared by : Glenys Ferguson, Lancaster CC

Date : Approved by District Committee, 12 June 2007

	Location	Details of hazard	Risk before mitigating action (H,M,L)	Measures to reduce risk	Risk after mitigating action (H,M,L)
1	General requirements	Course clear on day.	L	Organiser to check there are no obstructions on the track.	L
2	Before start	Competitors parking. Competitors warming up on track. Competitors warming up on adjacent public cycle path.	L	Organiser to prominently display head up sign at signing on. Riders instructed to ride on the left of the track, and overtake on the right. No warming up to be permitted once the time trial is in progress. Riders instructed not to use public cycle path for warming up.	L
3	Start area	Competitors waiting	L	Organiser to instruct Start marshal to ensure competitors line up on path & grass inside the track.	L
4	Start	Competitor/holder up falling or being hit by riders already on track.	L	Organiser to arrange for pushing off to take place on path just off the track and place cones to demarcate access to track. Organiser to instruct riders to be alert to others starting and to avoid cones.	L
5	Bends on track	Tighter bends than generally encountered on the road, particularly at the end of the straight after the Start	L	Organiser to advise riders to take particular care on bends especially if using tri-bars.	L
6	Overtaking	Competitors colliding	L	Organiser to instruct riders to keep to the left, and overtake on the right. Organiser to warn riders to take particular care if overtaking on a bend.	L
7	Finish	Competitors warming down on track	L	Organiser to instruct riders to continue riding round for half a lap to the Start before stopping carefully and getting off the track. Riders instructed not to use public cycle path for warming down.	L
8	Anywhere on the track	Dogs, pedestrians, runners, balls etc	L	Organiser to alert riders to potential external hazards. Organiser to place 4 cycle warning signs - at either end of main straight adjacent to public cycle path, in the two grassy gaps on to the track to the east of the Start.	L