



RISK ASSESSMENT

Courses and roads assessed. LL1010 – Isel (10 miles)	Course local to: Cockermouth School, Embleton, Brathay Hill, Barkhouse, Lowfield, Dunthwaite, Hewthwaite Hall and Cockermouth School
Date of assessment/ review: 10 Oct 2023; Approved 13 March 2024	Name of assessor: David Gow

Course description

Start at road sign at end of Cockermouth School Car Park heading east. Follow old A66 east through Embleton to Brathay Hill where left to head north east towards Barkhouse and The Ruddings. Left at Barkhouse onto Isel Road past Lowfield, Dunthwaite and Hewthwaite Hall before returning to Cockermouth outskirts. Turn left into Castlegate Drive (care) and left again at T junction to finish opposite the start. (10.2m)

Traffic flows

Light traffic. Parked cars on Beech Lane. This is covered by the on the day risk assessment.

Course event/history

This is a Type B (Club) events course. The majority of the course was previously used as Road Race circuit, but route now excludes the descent and left turn by Cockermouth Hospital. The circuit forms the Western part of the route used by Bassenthwaite Triathlon



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Key identified risks

	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
1		General requirements	Time of event meets CTT standards. Course clear on day.		Traffic counts Organiser to ensure course checked on day
2		Before start	Competitors parking. Competitors riding from HQ and warming up.	LOW	Organiser to place 'CYCLE EVENT' warning signs.
3		Start area	Competitors waiting	LOW	Organiser to place cycle event warning signs and display head up sign.
4	0.0 miles	START at road sign at end of Cockermouth School Car Park heading east.	Traffic approaching from behind riders	LOW	Organiser to position 'CYCLE EVENT' warning sign to make riders aware of cycle event and ensure officials to wear high visibility jackets/bibs. LOCAL Rules – riders not to perform a 'U'-turn in the vicinity of the start. Organiser to ensure riders are reminded with a notice at signing-on.
5	0.2 miles	Road Junction on left Signposted Higham/Golf Course	Traffic approaching from left	LOW	No additional measures required.
6	2.2 miles	Lambfoot Junction to Golf Course and minor junction to A66	Traffic approaching from left/right	LOW	No additional measures required.
7	2.8 miles	Embleton Spa Junction	Traffic approaching from right	LOW	No additional measures required.
8	3.2 miles	Minor Junction to A66	Traffic approaching from right	LOW	No additional measures required.



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	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
9	3.4 miles	On left Minor junction to Higham (Close Farm)	Traffic approaching from left	LOW	No additional measures required.
10	4.5 miles	On left minor junction to Higham	Traffic approaching from left	LOW	No additional measures required.
11	4.7 miles	Turn Left at Distillery	Traffic approaching from left/right	LOW	Organiser to position Cycle Race Warning Sign to East of Junction and to position 1 marshal for direction and safety. Distillery Closes at 6pm
12	5.6 miles	Minor Junction on Left	Traffic approaching from left	LOW	No additional measures required.
13	6.9 miles	Minor Junction on right sign posted IseI	Traffic approaching from right	LOW	No additional measures required.
14	9.7 miles	Bear left onto Beech Lane	Traffic approaching from left straight on	MEDIUM	Organiser to position Cycle Race Warning Sign for traffic south of Beech Lane Junction. Organiser to position 1 marshal for direction and safety and to warn riders at signing-on of parked cars on Beech Lane.
15	10.0 miles	Bear left on to Castlegate Drive	Traffic approaching from right or turning into Beech Lane from Castlegate Drive	MEDIUM	Organiser to position Cycle Race Warning Sign for traffic west of Beech Lane/Castlegate Drive Junction. Organiser to position 1 marshal for direction and safety and to warn riders at signing-on to take care at this junction.
16	10.2 miles	FINISH opposite the start		LOW	Organiser to ensure riders are reminded at signing-on not to attempt a U-turn after finishing. Organiser to position Cycle Race warning sign.

NOTES: The use of a vehicle for the timekeeper(s) at start and finish is where appropriate and is only identified as an example for the action to be taken.

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1. The small junctions or entrances to farms/facilities (garage, eatery, etc) that are not identified in this risk assessment have been considered, however are not considered significant to pose a risk and therefore have not been noted.
2. All rules of the road must be followed as to 'the Highway Code'.
3. This risk assessment shall be made available at the event signing on. By the riders signing on to event sheet they accept all hazards identified on this course and are aware that this is an open road event and that they have a duty of care and courtesy to other road users.
4. The small junctions or entrances to farms/ facilities that are not identified in this risk assessment have been considered, however are not considered significant to pose a risk and therefore have not been noted.

Risk assessment Author: David Gow

Date: Feb 2024