



RISK ASSESSMENT

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|---|---------------------------------------|
| Courses and roads assessed. LL011 - Carlisle Track Circuit | Course local to: Carlisle Cycle Track |
| Date of assessment/review: Aug 2018: Approved by exchange of emails 15 Aug 2018; revised Sep 2023 to extend to clockwise as well as anti-clockwise circuits | Name of assessor: Kevin Hesketh |

Course description

Closed-circuit time trial course 970 m in length. The intention is to run 5 and 10 mile events. With a nominal median finish time of 12 minutes for 5 mile events, there would be a maximum of 12 riders on the course at any one time with 1 minute starting intervals, which is probably the maximum that can reasonably be tolerated on such a short track. For 10 mile events, it is suggested that the organiser sets off riders in groups of 10 at 1 minute intervals, followed by a 10 minute break to limit the number of riders on the track at the same time.

Traffic flows

Dedicated cycle track with no traffic and a good surface. The track is floodlit and useable after dark.

Course event/history

This is a Type B (Club) events course.



RISK ASSESSMENT

Key identified risks

| | Distance | Location | Identified Significant Risk/Hazards | Level of Risk Low/Med/High | Measures to reduce Risk (if applicable) |
|-------------------------------|----------|----------------------|--|----------------------------|---|
| 1 | | General requirements | Course clear on day. | | Traffic counts Organiser to ensure course checked on day |
| 2 | | Before start | Competitors riding from HQ and warming up. | LOW | Organiser to display notice at signing-on instructing riders not to warm up on the circuit when the event is in progress and to advise riders how best to approach the start. Organiser to display notice at signing-on instructing riders to keep to the left of the track to allow overtaking on the right. Organiser to |
| 3 | | Start area | Competitors waiting | LOW | Organiser to ensure officials to wear high visibility jackets/bibs. |
| Anti-clockwise circuit | | | | | |
| 4 | 0 m | Start | Risk of riders completing a lap getting too close to riders about to start. Risk of riders about to start clashing with riders already on the track. | LOW | Organiser to position start to the right of the track so that riders can access the start without entering the track. Organiser to brief start marshal to warn of approaching riders and place cones to provide a protected area for riders about to start. |
| 5 | 110 m | 150 deg right bend | Risk of riders cutting close to the right of the track. | LOW | Organiser to display notice at signing-on instructing riders to keep to the left of the track to allow overtaking riders to pass on the right. Organiser to position a marshal to warn riders to keep to the left of the track for safety and to allow overtaking. |
| 6 | 190 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |

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| | Distance | Location | Identified Significant Risk/Hazards | Level of Risk Low/Med/High | Measures to reduce Risk (if applicable) |
|----|----------|---|--|----------------------------|--|
| 7 | 220 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 8 | 300 m | 200 deg left bend | | LOW | No additional action required. |
| 9 | 330 m | Access point to track | Risk of public/spectators accessing track. | LOW | Organiser to post a marshal to prevent access to the track during the event. |
| 10 | 500 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 11 | 530 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 12 | 570 m | 120 deg left bend | | LOW | No additional action required. |
| 13 | 770 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 14 | 800 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 15 | 830 m | 200 deg left bend leading to finishing straight | | LOW | No additional action required. |
| 16 | 970 m | FINISH | Risk of finishing riders clashing with riders coming past. | LOW | Organiser to place a notice at signing-on asking riders to pull over carefully to the side right of the circuit on finishing. |



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| Clockwise circuit | | | | | |
|-------------------|-------|-----------------------|--|-----|---|
| 4 | 0 m | Start | Risk of riders completing a lap getting too close to riders about to start. Risk of riders about to start clashing with riders already on the track. | LOW | Organiser to position start to the left of the track so that riders can access the start without entering the track. Organiser to brief start marshal to warn of approaching riders and place cones to provide a protected area for riders about to start. |
| 5 | 140 m | 200 deg right bend | | LOW | No additional action required. |
| 6 | 170 m | Cut through on right | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 7 | 200 m | Cut through on right | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 8 | 400 m | 120 deg right bend | | LOW | No additional action required. |
| 9 | 440 m | Cut through on right | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 10 | 470 m | Cut through on right | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 11 | | 200 deg right bend | | LOW | No additional action required. |
| 12 | 640 m | Access point to track | Risk of public/spectators accessing track. | LOW | Organiser to post a marshal to prevent access to the track during the event. |
| 13 | 750 m | Cut through on right | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |
| 14 | 780 m | Cut through on left | Danger of riders inadvertently entering the cut-through. | LOW | Organiser to cone off the cut-through. |



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|----|-------|--------------------|--|-----|--|
| 15 | 860 m | 150 deg right left | Risk of riders swinging out to the right of the track. | LOW | Organiser to display notice at signing-on instructing riders to keep to the left of the track to allow overtaking riders to pass on the right. Organiser to position a marshal to warn riders to keep to the left of the track for safety and to allow overtaking. |
| 16 | 970 m | FINISH | Risk of finishing riders clashing with riders coming past. | LOW | Organiser to place a notice at signing-on asking riders to pull over carefully to the side left of the circuit on finishing. |

NOTES:

1. 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.

Risk assessment Author: Kevin Hesketh

Date: Sep 2023