

Triathlon Ireland **OPEN ROAD CYCLE RISK ASSESSMENT**

Personnel	
Lead Coach	Non-coached
Support Coach/Leader/Assistant	Varies - senior club member
Support Car Driver	N/A
First Aider	Varies

Equipment	
Support Car (if required)	No

Venue	
Date	Weekly
Start Location	K-Leisure Car Park
Emergency Action Plan Complete	Yes
Local Hospital	Naas General

Conditions	
Wave Size & Frequency	N/A
Weather Conditions	Varies

Conditions
Detail Course Overview

Please provide a summary of the cycle route(s): Varies - supplied by PRO weekly prior to sessions

Detail hazards that apply to the whole open road course

HAZARD IDENTIFICATION	Who is affected?	Risk Level	RISK MITIGATION	Who?	Residual Risk	Date
Description of hazard/risk	Athletes / Marshals / Spectators / Coaches	High / Medium / Low	Description of controls to reduce the risk to as low as reasonably practicable		High / Medium / Low	
Interaction with other users - vehicles, horse riders, pedestrians, other cyclists	Athletes, other road users	High	• Group Cycling Etiquette included in new members welcome pack. Cycling tips and guidance circulated to all members. Bike skills training offered to members annually. Club gear includes bright fluoro cycling jackets worn by many members during sessions. Members are requested to use bike lights	Varies, PRO, Group Lead	Medium	Weekly
Road defects e.g. potholes, poor surface	Athletes	Medium	• Cycle routes pre-chosen based on experience and suitability. Members shout warnings of road hazards or if the lead cyclist is slowing/stopping. Etiquette included in new members welcome pack and separate guidance	Varies, PRO, Group Lead, Membership officer	Low	Weekly
Unroadworthy bike	Athletes	Low	• Cycling tips and guidance circulated to all members. Bike skills training offered to members annually. Both reference requirements around roadworthy bikes	Varies, PRO, Group Lead, Membership officer	Low	Weekly
Athletes unfamiliar with cycling rules of the road	Athletes	Low	• Group Cycling Etiquette included in new members welcome pack. Cycling tips and guidance circulated to all members. Bike skills training offered to members annually.	Varies, PRO, Group Lead, Membership officer	Low	Weekly
Athletes unfamiliar with route	Athletes	Low	• Cycle routes pre-chosen based on experience and suitability. Member can pre-load routes on bike computers/watches. Each group includes senior members familiar with routes	Varies, PRO, Group Lead	Low	Weekly
Athletes inexperienced with cycling in a group	Athletes	Medium	• Group Cycling Etiquette included in new members welcome pack. Specific Novices group led by senior club member in the lead up to race season.	Varies, PRO, Group Lead, Membership officer	Low	Weekly
Dangerous road conditions	Athletes, Coaches, other users	High	• Cycle cancelled if poor weather forecast. If conditions deteriorate on route session is also cancelled or route is changed to a safe option	Varies, PRO, Group Lead, Membership officer	Medium	Weekly
Inclement weather	Athletes, Coaches, other users	High	• Cycle cancelled if poor weather forecast. If conditions deteriorate on route session is also cancelled or route is changed to a safe option. Members instructed to use lights and mudguards where appropriate	Senior Club members, Committee	Medium	Weekly
Athletes requiring assistance during the ride, accidents during the ride, bike maintenance during the ride	Athletes	Medium	• Inexperienced cyclists join the novices group led by a senior member who can assist. At least one member in the group brings a mobile phone so that they can call for assistance if required. Members recommended to use Road ID bands with emergency contact information visible	Senior Club members	Low	Weekly
Dehydration, Lack of nutrition	Athletes	Low	• Members instructed to bring water/nutrition. Most cycles generally limited to 1.5 to 2.5 hrs unless for specific training plans. All routes pass close to shops where additional water/nutrition can be purchased	Varies, Group Lead	Low	Weekly
Athletes not wearing the right clothing for the conditions, warm/cold/visible	Athletes	Medium	• Members instructed to wear appropriate clothing. Club gear including warm cycling gear available for order on the club website	Varies, Group Lead, Club Gear officer	Low	Weekly

The typical things to take into account when risk assessing the open road segment include:

- Turns and Junctions
- Blind bends, particularly on narrow roads where there is the potential for cyclists to stray onto the opposite carriageway should be avoided as far as possible
- All junctions, sharp bends, hill crests, bridges, traffic calming measures, roundabouts/mini-roundabouts, pedestrian crossings, traffic signals
- Hazards created by the position or movement of other road users (e.g. parked cars, the potential for a build up of traffic turning into a retail park or garden centre)
- Hazards caused by changes to the road surface or variations in the road surface e.g. raised manhole cover, potholes, gravel on corners
- Changes to road width
- Weather – either very cold or very hot, leaf fall, soggy ground
- Athlete pre-race information and briefing