

Watchtree Nature Reserve
 Great Orton, Carlisle, CA5 6NL
Location: Watchtree Nature Reserve

Title : Dual Recumbent Trike (Cheetah)	Date of Assessment : 26/02/2017	Risk Assessor : Matthew Wind
Risk Assessment Reference : RA50	People involved in making this assessment : Matthew Wind	
Task/ Process : General Use	People at Risk : Employees, Contractors, Members of the Public, Volunteers, Service Users, Children & Young Persons, Visitors	

Hazard : Public or Visitor Access Fall from cycle, injuries to 3rd parties as a result of collision, collision due to loss of control, reduced visibility of recumbent cycle, individuals suitability of use

- Control Measures:**
1. All riders to wear helmets. The most competent rider should control the steering and braking of the cycle. Gear ratios have been restricted to reduce achievable speed. If riders encounter other site users whilst using the cycle track, they should proceed with caution.
 2. Where appropriate a 'Lead Rider' should control the speed of a group. Clients/carers should be fully briefed on cycle use, instructors or support workers should monitor ability and set speed limits accordingly.
 3. All riders should be aware that the cycle trails at Watchtree are shared by site vehicles and pedestrians – visibility is therefore very important. If riders encounter vehicles whilst using the cycle track, they should proceed with caution and if necessary stop and allow vehicles past
 4. Instructors/support workers to monitor each individual's ability to control speed, steer safely and safely apply breaks to a complete stop within a closed environment before proceeding to use of the track. The most competent rider should control the cycle's brakes and steering.
 5. An assessment of a potential rider's lower body strength should be made in the training area before proceeding onto the track. All riders should be able to make it back to the training area before reaching a point of exhaustion.
 6. Consider any potential riders medical needs carefully. Riding the Cheetah can put excess strain on an individual's legs, particularly the thighs. If in doubt, try out the cycle and monitor progress closely.

Hazard : Repetitive Movements Unusual riding position overworking riders leg muscles that aren't used to the workload, loss of control of cycle

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Hazard : Mechanical Finger entrapment - chains

- Control Measures:**
1. Cyclist to be informed of risk to fingers Instructors or carers to monitor children or vulnerable adults

Hazard : Infection Infection from untreated injury.

Control Measures:

1. Trained first-aider always on duty. First aid kits available in the bike store, the office and the visitor centre.

Hazard : Road risk Collision with other vehicles.

Control Measures:

1. Site wide speed limit in place. Limited vehicular access.

Hazard : Uneven, Wet or Slippery Floors Loss of control of vehicle.

Control Measures:

Documents Associated with this Risk Assessment:

Review Date : 04/11/2020	Reviewer : Matthew Wind
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