

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

Title : Safe Cycling	Date of Assessment : 26/03/2017	Risk Assessor : Matthew Wind
Risk Assessment Reference : RA55	People involved in making this assessment : Matthew Wind, Ryan Dobson	
Task/ Process : Safe Cycling	People at Risk : Employees, Members of the Public, Volunteers, Service Users, Children & Young Persons, Visitors	

Hazard : Infection Injury sustained (through accident or fall from cycle) not being cleaned and treated leading to possible infection. Becoming infected with Covid 19.
Control Measures:
1. At least one qualified first aider will be available on the premises at all times, first aid kits available at the visitors centre, cycle garage and on the ATV for immediate access to suitable treatment should an injury occur as described above.
2. Social distancing to be observed at all times (except when administering first aid).

Hazard : Manual handling Muscle strain, or back strain due to moving bikes around site, specifically within the cycle store at the beginning and end of sessions.
Control Measures:
1. Instructors to roll bikes out of cycle store, not lift
2. Users to request cycles rather than try to take them from the cycle store - clearly indicated through signage

Hazard : Mechanical Fingers getting injured by being caught in the chain, and/ or spokes whilst parts are moving
Control Measures:
1. All WNR cycles are safety checked by instructors before and after each cycle session
2. Cycle hire users briefed to correct usage of each cycle
3. Cycle hire users requested to ask for qualified instructor / mechanic to assist with any mechanical fault (such as the chain coming off chain rings) rather than attempt to fix issue themselves
4. All maintenance of WNR cycles to be carried out by trained staff or volunteers
5. Cycle users shall not be responsible for any form of cycle maintenance without specific risk assessments taking place

Hazard : Repetitive Movements Repetitive pedaling actions using muscle groups that aren't often used (due to unorthodox adapted cycles design) causing strain and possible injury
Control Measures:
1. Ensure each user is on a suitable cycle for their relative physical ability and range of movements they can safely demonstrate to instructors / support workers

2. Slowly build up length of time on each cycle, along with gradually increasing the intensity whilst allowing for rest periods (starting from days initially, progressing to minutes in time)

Hazard : Public or Visitor Access different user groups causing accidents

Control Measures:

1. Multi-use trails between 2m / 3m wide at any given point to allow safe passing space
2. Purpose built passing spaces to allow larger adapted cycles a pulling in area to allow safe passing of other users
3. Children and vulnerable adults are the responsibility of their carers. WNR makes this clear through on site signage

Hazard : Road risk Collision with other road users, cars, lorries, tractors etc

Control Measures:

1. All trails retained behind secure fencing
2. Car park area separated from cycle trails by visitor centre and fenced off picnic area
3. All on site traffic subjected to 15mph speed limit

Hazard : Vibration Vibrations from trails jolting users of cycles, potentially aggravating previous conditions

Control Measures:

1. Instillation of new tarmac surface to old airfield runway, creating a smooth route option for all
2. Quality fleet hire bikes available to ensure leisurely riding experience
3. Cycle tyres inflated to recommended pressure to mitigate bumps

Hazard : Uneven, Wet or Slippery Floors Accidents caused by insufficient grip between tyre and road surface

Control Measures:

1. Cycle fleet tyres checked regularly for pressure and condition.

Documents Associated with this Risk Assessment:

Review Date : 17/12/2020

Reviewer : Matthew Wind