

a Risk Assessment								2b Review and Implement
ID	Location of hazard	Description of hazard	People at risk (coaches, cyclists, spectators and others)	Level of risk (high, medium or low)	Advice on hazard required?	Resolution/action	Resolution implemented by	Dated reviewed/implemented
6		Poor riding skills			<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Dealt with by advice, specific training (particularly for youngsters) Also covered on the road by more experienced riders		
7		Over enthusiasm			<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Gentle reminders issued by fellow riders		
8		Individual health issues for riders			<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Club rules ensure all riders are looked after on the road. We do not ask for medical/health information.		
9		Safeguarding Issues			<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	The club is aware of the responsibilities. The Welfare Officer reviews good practice. We have Parental Consent forms and a photos policy We do not leave youngsters alone		
10		Safety equipment			<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	on rides No one rides without a helmet. No one rides without lights in the dark.		

These notes are intended for Ride Leaders and other riders who might not have received first aid training. This should not replace anything that you have been taught by a first aid professional. If in any doubt at all, seek help and advice from a professional.

Follow the "DRABC" approach for any incident

D - Danger, make area as safe as possible

R- Response of casualty, check this

A - Airway- keep the airway open

B- Breathing, check for this. If not begin resuscitation. If breathing, place in recovery position.

C-Call 999 for an ambulance.

- Keep casualty warm and comfortable
- You can remove their cycling helmet
- Don't remove glove or move injured fingers, they may be supporting broken bones
- Don't give casualty drinks, they may need an operation. Moisten lips with water
- If they have back or neck pain keep them still, they could be at risk of spinal injury

There is a free app from St John Ambulance called 'First aid for cyclists' which members might find useful.