

The BIG BAD BIKE RIDE 2016.

100k challenge. Yorkshire Wolds September 10th

Risk Assessment advice from Kommander Kennedy

FOR THE INFORMATION, ATTENTION AND COMPLIANCE OF EACH RIDER.

“Health & Safety Statement”

This is the 16th Charity Bike Ride I have organised since 1991. I have attempted to select routes that are not only challenging for the rider, but are also enjoyable and safe for everybody of variable ability to ride. Whilst I have attempted to identify likely areas of ‘increased risk’ to the rider, it is not possible to eliminate all risks. My responsibility is to identify risks that it would be reasonable to conclude exist and introduce control measures to reduce them. I have had several people assist me in considering the routes we have chosen and the risks involved. I have selected a 100k route that will offer challenges to suit riders of all ages and abilities. (the route is available to view via the homepage link)

There are some basic rules that I ask you to adhere to;

- 1. Every rider must wear a safety helmet**
- 2. We ask that riders ensure that their bikes are roadworthy and that they carry a spare tube, pump and water bottle.**
- 3. Every rider must have their BBR identification ID on their bike. (supplied)**
- 4. Every rider must ride in accordance with the Highway Code and be aware of local road/traffic conditions at all times.**
- 5. Every rider pays attention to the route warning signs and particularly is careful to ride down a hill at a safe speed.**
- 6. We ask that riders try to use the BUDDY system and ride with someone of their own ability.**

As organisers, we have attempted to reduce the risk relating to adverse weather conditions by holding the event in mid-September. Unfortunately we know from previous years that this can never guarantee short sleeve riding, it does however go some way to ensure warmer and calmer weather.

You should all wear appropriate clothing and safety equipment for the weather/road conditions on the day.

The ultimate responsibility rests with the rider, as it is only he/she who can make the decision as to their own safety. We ask that all riders comply with the ‘Terms & Conditions’ stated on the entry form you completed on our web enrolment and it is the riders’ decision to adjust their speed and assess road conditions at a particular place, at a specific time relating to the prevailing weather conditions, volume of traffic or road surface etc.

We also have a number of support vehicles out on the roads and you always have the option of asking for assistance, turning around or stopping.

We have 3 main Bumstops on this ride where you can receive top-ups on provisions and any safety advice. If you feel unwell or in the event of adverse weather conditions, we would far rather you stop and await the arrival of support than carry on and suffer fatigue or worse. We have numerous marshals out on route at some key points.(All marshals will be wearing ‘High Visibility’ vests)

We ask that all riders work with us to ensure their safety and the safety of others on the day.

Have a great day

“Remember this is not a race.”

Graham Kennedy

BIG BAD BIKE RIDE; RISK ASSESSMENT Jan 2016