

Strathconon Cycle Ride 7 May 2022

All riders are reminded that they are responsible for their own safety; individuals take part at their own risk.
Riders will conform to the Road Traffic Act and follow the Highway code at all times.

Completed by: Fairburn Memorial Hall

Date Completed: 31/03/2022

Next Review Date: 31/03/2023

Signed Off Date

First Aid

1st aid St Andrews Strathconon hall & on the route.
Telephone number
Marybank hall 1st aid experience point of contact - Hamish
1st aid at Scatwell.
Mobile phone signal is patchy along the Glen

Hazard	People of Risk	Risk Rating	Mitigation
Traffic Accident	Participants / public	Medium	Signage on the road warning cyclist on the road. Pre cycle briefing.

Hazard	People of Risk	Risk Rating	Mitigation
			Briefing notices at registration and social media prior to the event. Advertise the event to the local community. Recommended high visibility clothing/jacket. Carry a mobile phone if possible.
Collision between two or more riders	Participants	Medium	Pre cycle briefing. Set the riders off after they register, to ensure riders are spread out. Social median post warning prior to the event, Be aware of slow inexperienced cyclists. Recommended high visibility clothing/jacket Carry a mobile phone if possible.
Fall from cycle	Participants	Medium / High	Pre cycle briefing. Advise to wear helmet. Cycles must be legal and roadworthy
Mechanical break down	Participants	Medium	Advise bike check. Cycles must be legal and roadworthy It is suggested that each rider to carry minimum tool kit, spare inner tube /pump
Adverse weather conditions	Participants	Low	Check current forecasts, Advise appropriate gear and clothing. Potential to shorten ride.