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| **Activity:** | Cycling | **Location:** | Off-Site | **Last review date:** | December 2022 | **Produced by:** | Alex Windows (Section Leader) |
| **Next review date:** | December 2025 | **Quality Assured by:** |  |

* POR 9.71 Cycling - <https://www.scouts.org.uk/por/9-activities/#9.71>
* TSA Cycling Activities Guidance - <https://www.scouts.org.uk/volunteers/running-your-section/programme-guidance/general-activity-guidance/mountain-biking/cycling/>

| **What are the hazards?** | **What are the risks?** | **Who is most at risk?** | **What control measures will be put in place?** |
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| **Group Cycling** | Collisions and Injuries | All | * Ride at a comfortable pace for the slowest member.
* A leader should ride at the front and back of the group(s).
* Group leader to assess the route ahead for dangers and obstructions.
* Leaders should advise care and avoidance of ditches or other debris.
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| **Getting Lost** | Distress, disorientation. | Young People | * Young people must stay in groups.
* Leaders should develop a route plan to follow.
* Each group should understand and be able to follow the route (a map of the route could be provided to each group as required).
* Care must be taken to ensure that groups do not separate too far, so that help can be provided if needed.
* If splitting into groups, communicate regularly to check progress. This could be managed by the line of sight, radios or mobile phones.
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| **Pedestrians, and other cycle path users.** | Collisions and Injuries | Young People and Public | * The group leader(s) is to advise appropriate actions.
* Cyclists should move to the side or stop when passing other footpath users and allow plenty of space.
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| **Residences** | Disturbance | Young People and Public | * Leaders are to explain rules before passing residences or moving into residential areas.
* Groups should keep quiet when approaching and passing private residences.
* Leaders, patrol leaders etc. should help encourage good behaviour when near residences.
* Torches should be kept off or dimmed and pointed away from houses.
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| **Roads** | Collisions and Injuries | Young People | * Adhere to the highway code.
* Ensure a safe crossing point.
* When crossing roads or moving out at junctions, leaders should position themselves on either side to check the road is free from traffic.
* Always ride in single file along roads.
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| **Equipment** | Equipment Failure | All | * All riders must wear a helmet.
* At least one person should carry a bike pump and basic bike maintenance tools, e.g., Allen key, puncture kit, spanner, etc.
* Leaders should check participants' bikes before starting cycling to ensure they are safe and functioning normally.
* Leaders should give parents/carers and young people sufficient notice of using bikes, and advise them to ensure they are safe, in good condition and functioning normally.
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| **Visibility** | Collisions, getting lost. | All | * High visibility clothing (e.g., high viz jackets) – these should be worn during cycling, especially when riding alongside or crossing roads and when dark.
* Head torches, with spare batteries, should be used in low visibility or when dark.
* Bikes are to be fitted with lights – if travelling in the evening/night.
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| **Weather** | Cold, hot, wet etc. | Young People | * Leaders should ensure young people have the correct clothing, including waterproofs or sun protection, as appropriate, as advised before the activity.
* Young people may need to bring spare clothing, such as a jumper, in case they get cold or need to change after finishing.
* In the case of fog, groups will need to leave together one after the other to keep all groups in sight.
* If the weather is too severe and visibility is impaired, the bike ride may need to be cancelled or the nearest escape point sought, and young people sent home.
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