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| Work/Activity: Group Cycling (Wednesday Afternoons); Spinning classes/indoor trainer workouts |  |  |
| A brief outline and overview/risk assessment of group cycling and spinning/indoor training sessions offered by the club on a weekly basis.  Scheduled activities take place as follows:  Spinning Tuesdays: 1845-1945 (Jubilee Sports Centre)  Club Group Cycling: 1345-dependent  Club Time Trials Sundays: 0900-1200 |  |  |
| Department/Club: Southampton University Triathlon | Assessor(s): Thomas Hibberd | Contact: sutri@soton.ac.uk |
| Guidance/standards/Reference documents: None. | Competence requirements: - |  |
| * http://www.hse.gov.uk/Risk/faq.htm | Role: Bike Captain | Skills, experience or qualifications |
|  | To provide weekly cycling activities, to be present at spinning sessions throughout the week and to allocate the loan of club indoor training equipment. | None. Experience: competent cyclist and spinner. |
| Risk assessments linked: |  |  |
| See linked assessments for Swimming and Running in club documents. |  |  |

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| Task | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk  /9 | check SA/DM |
| Spinning | Overheating/dehydration | May cause unprecedented high heart rate/potential fainting | Club investment in Heart Rate monitors. Fans in place to regulate room temperature. All members asked to bring water bottles to sessions. | 2 | Staff on site with health and safety qualifications. Trained spin instructor to instruct when to rest/drink | Jubilee Staff/Spinning coach | 2 |  |
| Spinning | Injury | Cause by movements in the spinning bike/overtraining – cause pulling of muscles etc. | Club members instructed how to set up the bike in the correct way before starting sessions. Stretching off after sessions. | 2 | Staff on site with health and safety qualifications. Fully qualified spin instructor, | Jubilee Staff/ Spinning coach | 2 |  |
| Club Cycling And Time Trials | Group crash ie. Cyclist to cyclist | Due to close proximity group cycling, can potentially lead to whole group falling. Potential broken limbs/traffic injury. Risk of death. | Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications. Group pace divides, to maintain group pace to stop harsh breaking. | 5 | Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are a requirement of every ride. | Group leader/Bike Captain – also individual member | 5 |  |
| Club Cycling And Time Trials | Individual crash | Loss of control by one member in a group cycle. Potential broken limbs/traffic injury. Risk of death. | Necessity to wear a helmet on club rides and to have lights on bike. | 4 | Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are a requirement of every ride. | Group leader/Bike Captain– also individual member | 4 |  |
| Club Cycling And Time Trials | Traffic induced crash | Potential broken limbs/traffic injury. Risk of death. | Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications | 5 | Offer of car-park handling sessions in order to learn communication on the bike, plus handling skills. Banning of the use of tri-bars in group rides, alongside tt-bikes. Plugged bar ends are requirements of every ride. Cycling awareness/road awareness. | Group leader/Bike Captain– also individual member | 5 |  |
| Club Cycling And Time Trial | Hypothermia | Due to weather changes, risk of temperature dips/wet weather | Advised to wear warm layers, bring along extra base layers in order to keep warm plus wet weather gear. Also food. | 4 | Extra food taken by bike captain. Mobile phone taken to contact ambulance service if immediate action needed | Group leader/Bike Captain  – also individual member | 4 |  |
| Club Cycling And Time Trial | Skid Risk | Due to 4 weather cycling, cause of crash/no control. Potential broken limbs/traffic injury. Risk of death. | Necessity to wear a helmet on club rides and to have lights on bike. Specific cyclist signings used in order to maintain group safety ie. Vocal and visual communications. Advised not to cycle with slick tyres over the winter/autumn season | 3 | Try to ensure that rides take place in dry weather. Extra space given between each cyclist. | Group leader/Bike Captain – also individual member | 3 |  |
| Club Cycling And Time Trial | Asthma Attack | Potential for asthma attack on high intensity workout | To bring pump if attacks are regular etc. Rider asked to take necessary precautions. | 2 | Group to split if needed, responsible party to cycle home if capable at easy pace. If further action needed, ambulance to be called/someone to pick the individual up. | Group leader/Bike Captain – also individual member and others in the group | 2 |  |
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| Reviewed By: |  | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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| Likelihood |  |  |  |
| Impact | 3 | 6 | 9 |
|  | 2 | 4 | 6 |
|  | 1 | 2 | 3 |

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| Likelihood |  |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |
| Impact |  |
| Level | **Description** |
| High (3) | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support. |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |