

# Coronavirus Risk Assessment Checklist



## Isis Cyclists CTC

*This document is an adaptation of the risk assessment checklist supplied by Cycling UK.*

*If a ride may involve additional hazards, the leader should add them in the space provided at the end of this table, together with the control measures that have been put in place.*

Possible hazard + Who might be harmed:	Control measures in place:
Contracting or spreading the virus by not washing hands or not washing them properly Participants, volunteers, general public	Remind people to wash their hands or use sanitiser if no handwashing facilities available.
Contracting or spreading the virus by people congregating in areas with high (human) traffic Participants, volunteers, general public	Have outdoor bring-your-own refreshment stops. If stopping at a café or similar, remind people about the need for social distancing. The management should have appropriate signage in place incl. one-way directions. Consider avoiding specific establishments if you don't feel confident about the measures being taken.
Contracting or spreading the virus by the sharing of tools and equipment Participants, volunteers, general public	The ride leader will fill in the rider register herself, asking each rider for the information required. Social distancing means that there will be no assistance with roadside breakdowns, whether from the leader or other participants. Make this clear to riders at the start of the ride; they must have a friend, partner or relative who can rescue them in case of need. Ask riders to bring their own sanitiser/wipes (this also applies to the leader). Discourage riders from sharing tools and equipment, including padlocks. Discourage riders from parking bikes on top of each other and padlocking bikes together.
Contracting or spreading the virus by not practising social distancing Participants, volunteers, general public	Remind participants of the need for social distancing at all times, even while riding, and the requirement to wear masks where applicable.
Somebody displaying coronavirus symptoms during or within 14 days of a ride Participants, volunteers, general public	1. Complete the rider list in full before the ride starts and pass a digital copy of this whole document to Liz Matthews ( <a href="mailto:liz.masterman@gmail.com">liz.masterman@gmail.com</a> ) within 2 days after the ride. This list must be kept for at least 21 days after the ride and made available to the NHS tracing service if required.

Possible hazard + Who might be harmed:	Control measures in place:
	<ol style="list-style-type: none"> <li>2. Ask riders if they have been around anyone showing covid-19 symptoms <u>not</u> to take part in the ride.</li> <li>3. Remind all riders to get in touch with Isis Cyclists (email <a href="mailto:info@isiscyclists.org.uk">info@isiscyclists.org.uk</a>) if they start to experience symptoms and/or test positive for coronavirus within 14 days after the ride.</li> <li>4. If the affected person starts to experience symptoms during the ride, ask them to cease participation in the ride ASAP and make their own arrangements to contact the NHS.</li> <li>5. Confidentially alert other participants and volunteers to potential infection risk.</li> </ol>
Contracting the virus through performing first aid on a casualty Participants, volunteers, general public	Be aware of <a href="#">St John Ambulance Covid-19 advice for first aiders</a> <sup>1</sup> Note: only qualified first aiders should perform first aid.

<sup>1</sup> <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>