



# Histon & Impington Bicycle Club

## Covid-19 Risk Assessment

This document is an addendum to the HIBC club rides risk assessment. It is for the 6-person club rides during the Covid-19 situation. It was last edited and published on 17-07-20.

Activity	Identified Hazard	Who is at Risk	Consequence/s	Potential Impact			Control Measures	Further Measures / Action
				L	M	H		
1. Pre-ride	Being in close proximity to and among larger groups of people who may have Covid-19 or be carrying coronavirus.	Riders	One or more riders become asymptomatic carriers of coronavirus, or suffer mild to serious disease with potentially life-changing health effects, or even death.				No more than 6 riders per group. If more riders wish to participate, more groups must be formed.	
2. Pre-ride	Covid-19 symptoms develop or worsen during a ride.	Rider, group	Rider becomes too unwell to continue to ride. Transport has to be found to take them home. Others in the group exposed to Covid-19.				Ride coordinators will not allow anyone with a fever or cough, or who can't smell or taste, to ride. If in doubt about the nature of symptoms, ride coordinators to err on the side of caution.	
3. Ride	Being in close proximity to other riders.	Rider, group	One or more riders become asymptomatic carriers of coronavirus, or suffer mild to serious disease with potentially life-changing health effects, or even death.				Maintain a minimum distance of at least 1m apart from other riders at all times. Groups to agree whether they wish to ride two abreast, at least 1m apart, or single file, when 2m apart is easier. No sharing of bottles or food, and caution to be taken in the event of a mechanical where help is offered. Ride coordinators to carry hand sanitizer for use in this situation.	



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							Riders to ride within their own limits and, if they develop Covid-19 symptoms, to inform the ride coordinator, and then drop out.	
4. Ride	Breathing riders' exhaled air or particulate fluids.	Group	One or more riders become asymptomatic carriers of coronavirus, or suffer mild to serious disease with potentially life-changing health effects, or even death.				Riders to be conscious of coughing and sneezing and to make use of sleeves, elbows, gloves and tissues to avoid spreading particulate fluids on others.	
5. Post-ride	Touching objects contaminated during the ride and then inhaling or ingesting coronavirus.	Group	One or more riders become asymptomatic carriers of coronavirus, or suffer mild to serious disease with potentially life-changing health effects, or even death.				<p>Riders to maintain their distance after the ride and be sure to avoid contact with others. Riders to at least wash their hands when returning home, or preferably to shower and wash their cycling clothing.</p> <p>Riders to inform the ride coordinator if they develop coronavirus symptoms in the next few days, refer to NHS guidance and get tested.</p> <p>Rides to be advertised and riders to subscribe to rides on the club's Facebook group so that there is an audit trail of participants who can be contacted in the event that a participant develops symptoms.</p>	
6. Club meetings	Being in close proximity to larger groups of people who may Covid-19 or be carrying coronavirus.	Members	One or more riders become asymptomatic carriers of coronavirus, or suffer mild to serious disease with potentially life-changing health effects, or even death.				Club business to be conducted exclusively online or by phone.	