



Generic Risk Assessment Form – WULF Cycle Skills Area, West Stow Country Park

Location	Activities
'Wulf Cycle Skills and Training Area' West Stow Country Park, Icklingham Road, West Stow IP28 6HG	Cycle skills training, Cycle coaching, General fitness training, Race training, Social events, Cycle Race (Additional Specific Risk Assessment).
Former overgrown waste tip with tracks and open areas cut into it and maintained. (See Map for extent of area)	
Venue Owners West Suffolk Council	

Surface Types	Grass	Tarmac	Woods	Steps	Sand
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Nearest Accident and Emergency Department	First Aid
West Suffolk Hospital, Hardwick Lane, Bury St Edmunds IP33 2QZ	First Aid Kit to be with trained club member and available at organised events First Aid Point – West Stow Country Park Reception.

Safety Measures Available	
Cycle Events signs	Cyclist warning signs
Obstacle Warning signs	Pedestrian warning signs
Diversion signs	Direction signs
Advertised Code of Conduct	*Tape

Number	Hazard	Possible Risk	Risk Rating	Detail Controls	Revised Risk Rating
1	Uneven / Rough ground, Tight turns.	Loose balance, fall from cycle, injury.	M	Use of Course Code of Conduct, warning inherent risk due to nature of terrain. Expectation that rider has basic riding skills to negotiate area. Wear cycle helmet when riding in the area.	L
2	Debris dug up by animals spread on area.	Damage caused to cycle (tyres) / injury to rider	M	Use of Course Code of Conduct, warning inherent risk due to former use of site. Maintenance carried out, grass cutting to encourage grass roots, removal of debris when identified.	L
3	Pedestrians/ dogs on the area.	Injuries / damage to pedestrians / dogs coming into physical contact with cyclists. Injuries to riders / damage to cycles by coming into physical contact with pedestrians / dogs.	M	Use of Course Code of Conduct, warning of use by members of the public (MOP). Cyclists advised to be vigilant, reduce pace and be courteous when coming across MOP. Cycle event signs to be placed around the site when organised cycle activity taking place. Permanent warning signs around area where pedestrians are likely to enter warning of possible cyclists. Permanent warning signs indicating pedestrians are likely to enter the area. Course re-designed to minimise interaction of cycle course and marked walking routes. 'Dogs to be kept on lead' signs already displayed by park. Tape off areas for organised activities.	L
4	Obstacles / Technical sections.	Injury to cyclist, Damage to cycle by not having ability / awareness to negotiate obstacles.	M	Each obstacle / technical section on the area to have warning signs / highlighted to show its presence. Each obstacle to have an alternative route where practical to avoid it together with a diversion sign. Seven obstacles / technical sections identified (see map) 1. and 2. logs in tree line. 3. Slalom in clump of trees.	L

				4. Slalom in clump of trees. 5. Sand pit. 6. Steps / Steep banks. 7. Chicane section in small, wooded area,	
5	Cyclists	Collision into each other / collision. Injury to rider / Damage to cycle	M	Disclaimer displayed on notice board with expectation of skill level. How to pass opposing cyclists displayed on notice board. Coloured directional signs displayed on the course, one colour for each direction.	L
6	Animals / Insects.	Cuts / irritation / infection / allergic reaction from bites / stings by animals / insects. (Snakes, Hornets, Ticks etc)	M	Course is maintained so that contact will be negated / minimised. Seek to identify potentially aggressive / savage animals / insects. Provision of First Aid Kit. (Organised events). Have access to a first aid kit and feel competent to immediately treat minor cuts or abrasions. Where possible assistance should be sought. Carry appropriate medication if already aware of allergic reaction. Tetanus injection as appropriate.	L
7	Plants, Poisonous / Thorny	Cuts / irritation / allergic reaction (Stinging Nettles, Brambles, Hog Weed etc)	M	Course is maintained so that contact will be negated / minimised. Identify plants that may cause irritation / reaction. Wear suitable clothing, cover arms, legs wear gloves, eye protection. Clean hands thoroughly before eating or drinking. Carry appropriate medication if already aware of allergic reaction.	L
8	Manual Handling Loads / Erecting structures	Load too heavy / carried too long / repetitive causing pain / injury.	M	Adopt correct lifting posture if load is lifted, lowered, or carried. Wear PPE if using tools.	L

				At least two people to erect Gazebo.	
9	Weather Conditions Extreme Heat	Heat stroke / Heat Cramps / Heat exhaustion / Heat rash. Loss of concentration, crash bike.	M	Limit workout. Limit time in heat. Regular rest breaks. Rehydrate regularly. Avoid drinks with high amounts of caffeine or sugar.	L
10	Weather Conditions Sun Exposure	Sun Burn / Skin irritation / Skin conditions / eye irritation / Eye damage.	M	Wear suitable clothing to protect skin. Cover exposed skin with sunscreen. Use shaded areas. Limit exposure to sun.	L
11	Weather Conditions Rain / Thunderstorms	Getting wet and cold / Risk of Lightning strike/ Slippery ground, loss of control of cycle. Hyperthermia.	M	Wear suitable clothing for conditions. Wear gloves / footwear with suitable grip. Limit, postpone or cancel activities.	L
12	Weather Conditions Extreme Cold	Hyperthermia / frostbite / abnormally low body temperature / Numb hands and feet	M	Wear suitable clothing for conditions. Wear headwear, gloves, footwear that are suitable for the cold conditions. Limit, postpone or cancel activities outside. Take regular breaks to warm up. Hot / warm drinks.	L
13	Weather Conditions High Winds	Flying Debris / Falling trees, branches Cause bodily injury / Grit in eyes / Loss of balance. Loss of control of cycle Injury.	M	Wear suitable eyewear. Keep away from standing trees. Limit / cancel activities in extreme wind.	L