

Notts CTC COVID 19 risk assessment

Activity : Group cycle ride

Date: completed: 06/08/2020

Possible hazards	Who might be harmed	Control measures put in place
Contracting or spreading the virus by not washing hands or not washing them properly	Group participants General Public	Remind participants of the need for good hand hygiene, especially before eating Group participants advised to carry hand gel so that hands can be sanitised if no hand washing facilities are available. Participants encouraged not to spit and to cover their face with their arm or a handkerchief. If they cough or sneeze then best practise is to sanitise their hands (Catch it, Bin it, Kill it)
Contracting or spreading the virus by not practising social distancing	Group participants General Public	Be aware of and adhere to any local restrictions due to local outbreaks of COVID 19 (https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19) Limit group to 6 riders in line with government guidance Remind participants of the need for social distancing at all times (with the exception those who live in the same household) and the requirement to wear a mask in enclosed spaces e.g shops, when ordering food in cafe/ takeaways at a counter and on public transport. Participants encouraged to carry a mask with them to facilitate this. Maintain 2m social distancing where safe to do so 1m plus when riding side by side on road
Contracting or spreading the virus by sharing equipment /tools	Group participants General Public	Remind participants that, as is best practise, they should carry a tool kit and spares in case of break down Discourage sharing of equipment, but if unavoidable highlight need to sanitise hands / clean equipment Discourage sharing of food and drink outside of household groups
Someone displaying symptoms during or within 14 days of ride	Group participants General Public	Remind participants that they should not participate in the ride if they, or any member of their household have symptoms of: a high temperature a new, continuous cough a loss of, or change to, your sense of smell or taste Government guidance currently states: If you are feeling unwell, get a test and do not leave home for at least 10 days. (https://www.nhs.uk/conditions/coronavirus-covid-19/) Remind participants they should not participate in the ride if they have been told to self isolate for 14 days by NHS Test and Trace, as they have been a close contact of someone with the virus. Ride organiser to obtain names and contact details of ride participants and keep securely for 21 days. Ensure all participants have group organisers contact details to supply to NHS Test and Trace, if needed. Should the ride leader be contacted by a venue the group has visited regarding possible contact with a positive case, they will inform the rest of the participants, so that they can be more vigilant and take appropriate action Participants should ensure that they have in place an emergency contact and arrangements to get home, should they have an injury, mechanical failure or become ill on a ride. Participant feels unwell during the ride The person who feels unwell should use a face covering to reduce the risk to other group members and make the ride leader aware. They should not continue with the ride but make arrangements to return home or contact their emergency contact if too unwell.
Contracting the virus through giving first aid	Group participants General Public	CPR - Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives (https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19)