



Name: _____ Learner Number: _ _ _ _

Centre Name: Breaking Cycles CIC

Centre Number: 84100

CYCLE RIDE LEADER: MANAGING AND REDUCING RISK (UNIT 3 Workbook)

In order to complete unit three, you will lead a ride (this can be shared or done with support) and complete this workbook. The evidence that you have achieved this will be this workbook and a summary sheet completed by your assessor after observing your led ride.

Successful participants in this unit will have:

- Demonstrated the ability to
 1. produce a ride risk assessment using a standard format
 2. adapt to dynamic risks as they occur
 3. reflect upon their practice and improve their practice
- Shown knowledge of
 4. the 'danger, response, airway, breathing, circulation' first aid protocol
 5. how to raise the alarm and get help from emergency services
 6. two actions which help to keep the rest of the group safe whilst dealing with a casualty, in a first aid scenario
 7. how to identify a safe space for their group to wait for help
 8. two actions that can warn others of the hazard
 9. two methods for sharing your location with emergency services

(Outcomes 1 & 3) Completing a risk assessment.

This is Breaking Cycles CIC's Ride risk assessment template. Please complete it for a ride which you will lead a group on part of this process is evaluating your practice. Think about the following categories of Hazard: Weather, Equipment, Surfaces, technical features, Human Factors and other areas where risk is moderate to high.

Breaking Cycles CIC – Route / Site Risk assessment

Route / Training Area:			
Activity to be carried out in this area / on this route:			
Riders	No:	Ability:	Age:
RA created by:	Name:	Contact:	Qualification/experience:
Route / Area Map			
https://www.strava.com/routes/2845280151632890634			
Hazard description	People at risk	Control Measures	Notes
Evaluated by:	Date:	Signature:	

(Outcomes 4 - 6) First aid & getting help

This section of the workbook is designed to ensure that you have some knowledge of first aid and how to get help. Please research and answer the following questions.

(Outcome 4) When dealing with a first aid scenario, we need to prioritise our actions. The acronym DR ABC helps us to remember a sequence of what to do. What are these steps?

Step	What you should do
D	
R	
A	
B	
C	

(Outcome 5) Once your casualty is safe, or you have some understanding of what is preventing them from being safe, you will need to raise the alarm and get help.

Which phone number should you dial?
What information should you be ready to give?

(Outcomes 6 - 9) Managing an emergency scenario

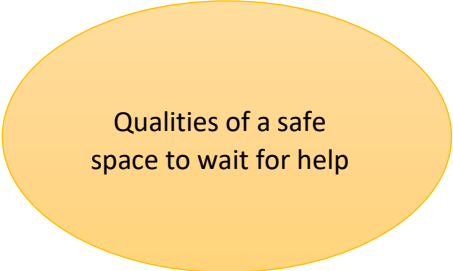
An emergency scenario probably involves first aid but when you are dealing with bikes, it could also involve other factors like mechanical issues, navigational issues etc. When dealing with an emergency, your first priority should be to ensure that it doesn't get worse!

(Outcome 6) When you are dealing with a first aid scenario, what can you do to make sure that the rest of your group are safe?

1)

2)

(Outcome 7) Something has happened that you can't resolve immediately, such as a major mechanical issue with someone's bike. You need to find somewhere safe to wait, what should you look for?

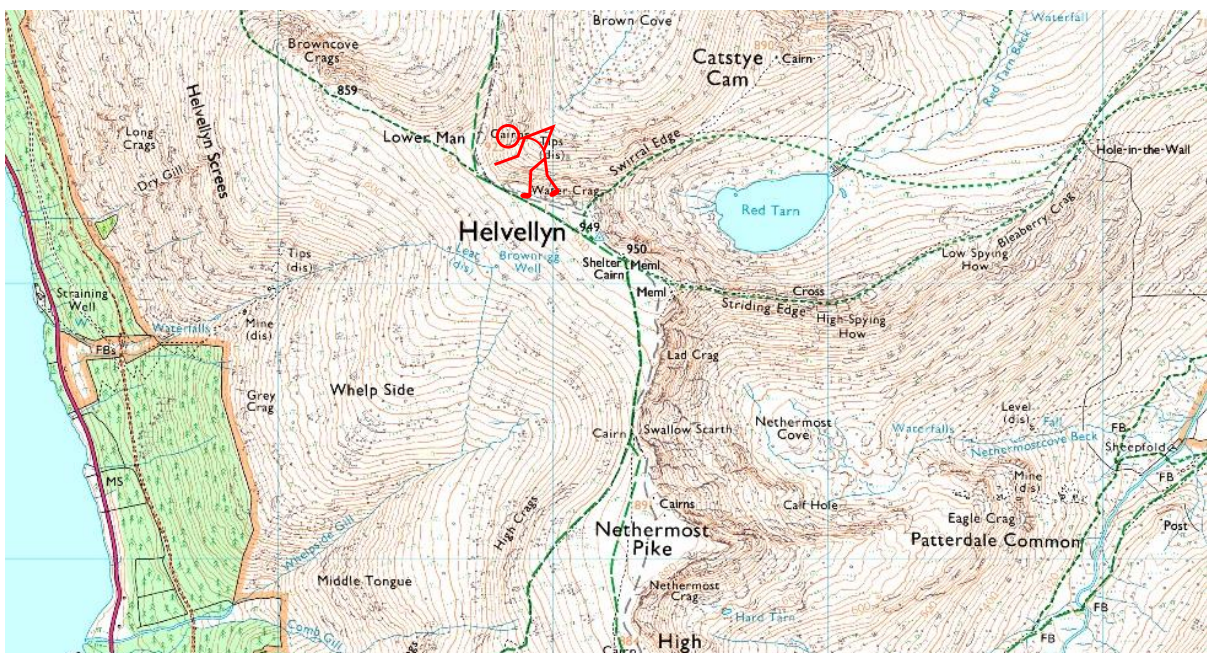


Qualities of a safe
space to wait for help

(Outcome 8) If it caused a problem for you, it could cause a problem for the next person, so it's a good idea to warn others of the hazard that you've just dealt with. Identify two things that you could do to warn others of a hazard.

1)
2)

(Outcome 9) So, you've dealt with your first aid scenario as best as you can, your group are safe and you've taken measures to alert others to the hazards of your environment. You are on the phone to emergency services and they ask where you are. You are the stick man with a bad back!



Identify two methods that you could use to share information about where you are.

1)
2)