**THERE ARE 5 KEY CYCLING SESSIONS WHICH THE CLUB CURRENTLY HOLDS FOR ITS MEMBERS:**

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# **Tuesday Regents Laps**

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| **Location / Route:** | Regent’s Park | **Additional Notes:** | Group will begin riding together and naturally split as the pace increases. The group may also be joined by other cyclists – risk involved detailed below |
| **When** | Tuesday mornings (weather and demand dependant) |  | All cyclists should bring the following as a minimum:  Bike, Bike Shoes, Helmet, Puncture Repair Kit, Pump, Food and Drink and warm clothes for afterwards. Also very important to bring some lights for the ride. |
| **Time:** | Tuesdays 6:40-7:40  Cyclists should be warmed up by the time they arrive at the park |  | All cyclists should be comfortable riding in groups and on the open road. Novice cyclists wishing to attend should have attended the [Introductory Club Ride](http://claphamchasers.co.uk/Introductory-Club-Ride) first. |
| **Starting / Finishing Point:** | Regent’s Park |  |  |
| **Session / Distance:** | Anti-clockwise laps of the park | **Website:** |  |
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| **Date Published:** | **Assessed By:** | **Signed:** | **Review Date:** |
| **01 January 2018** | **Bronwyn Garrett** | **BRONWYN GARRETT** | **12 January 2020** |

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| **Description of Hazard / Risk** | **Risk Rating**  **(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Busy junction at SE corner of park, turning left onto main road | High | All Cyclists | Monitor speed limit. Exercise caution when approaching. Slow down, signal and observe for oncoming traffic. Use hand signals to warn other cyclists |  |
| Other users of the park (drivers, cyclists, pedestrians) | Medium | All Users | Use correct cycling etiquette when riding (hand signals, overtaking). Slow down, take care overtaking |  |
| Slow traffic | Medium | All Users | Use correct cycling etiquette when riding (hand signals, overtaking). Slow down, take care overtaking |  |
| Pedestrian traffic Lights in the park | Medium | All Users | Slow down in preparation for stopping at red lights. Always stop at red lights. Warn other cyclists if stopping. |  |
| Chasing the Daylight:  Morning sessions in winter - cyclists will be cycling in darker conditions | Medium | All Users | All cyclists to bring own lights, with reflective gear recommended |  |
| Bad Weather:  Wet weather causing reduced braking efficiency | Medium | All Users | Cyclists to be made aware of this at the session briefing, and should adjust proximity to other riders, and should adjust speed when cornering |  |
| Other cyclists joining the group | High | All riders | Use correct cycling etiquette at all times, be aware of other riders, signal appropriately even if at the back of original group as other riders may be nearby |  |

# **Wednesday/Thursday Intervals**

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| **Location / Route:** | Roehampton Gate Car Park, Richmond Park | **Additional Notes:** | Groups will be split based on ability and speed. Main guide is your time for 3 laps of Richmond Park:   * Group 1 - Sub 56 mins * Group 2 - 56mins - 1 hour * Group 3 - 1h - 1h06 * Group 4 - 1h06 - 1h12 |
| **When** | Wednesday evenings (Summer Only – early May to September)  Thursday morning (weather depending) |  | All cyclists should bring the following as a minimum:  Bike, Bike Shoes, Helmet, Puncture Repair Kit, Pump, Food and Drink and warm clothes for afterwards. Also very important to bring some lights for the ride. |
| **Time:** | Wednesday 19:20 to 20:30  Thursday 6:40-7:40  Cyclists should be warmed up by the time they arrive at the park |  | All cyclists should be comfortable riding in groups and on the open road. Novice cyclists wishing to attend should have attended the [Introductory Club Ride](http://claphamchasers.co.uk/Introductory-Club-Ride) first. |
| **Starting / Finishing Point:** | Roehampton Gate Car Park, Richmond Park |  |  |
| **Session / Distance:** | Varies each week – Will be a mixture of different interval sessions each week | **Website:** | <https://www.claphamchasers.co.uk/page-1855843> |
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| **Description of Hazard / Risk** | **Risk Rating**  **(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Busy roundabouts at:  Roehampton Gate, Robin Hood Gate and Sheen Cross Wood | High | All Cyclists | Monitor speed limit. Exercise caution when approaching. Slow down, signal and observe for oncoming traffic. Use hand signals to warn other cyclists |  |
| Other users of the park (drivers, cyclists, pedestrians) | Medium | All Users | Use correct cycling etiquette when riding (hand signals, overtaking). Slow down, take care overtaking |  |
| Slow traffic | Medium | All Users | Use correct cycling etiquette when riding (hand signals, overtaking). Slow down, take care overtaking |  |
| Car Parks and increased traffic at:  Roehampton Gate, Robin Hood Gate, Pembroke Lodge, Kingston Gate and Sheen Cross Wood | Medium | All Users | Slow down, signal and observe for oncoming traffic. Warn other cyclists if in a group |  |
| Chasing the Daylight:  Morning sessions in winter and if the evening sessions overrun, cyclists will be cycling in darker conditions | Medium | All Users | All cyclists to bring own lights, with reflective gear recommended |  |
| Deer running across the road | Medium | All Users | All cyclists to make others aware of their movements, and should slow down if deer are spotted near to the road |  |
| Bad Weather:  Exposed area on Sawyers Hill susceptible to wind. Rain could make some stretches a little slippy | Medium | All Users | Cyclists to be made aware of this at the session briefing, and should adjust speed when descending and cornering |  |
| Steep Descents at:  Broomfield Hill, Kingston Gate | High | All riders | Monitor speed limit. Exercise caution when descending. Pedal on the inside up when cornering |  |

# **Saturday Group Ride**

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| **Location / Route:** | Ritzy Cinema, Brixton Oval,  Coldharbour Lane, London, SW2 1JG  OR  Roehampton Gate Car Park, Richmond Park | **Additional Notes:** | Groups will be split based on ability and speed:   * Group 1 - 28 km/h and above * Group 2 - 26-28 km/h * Group 3 - 24-26 km/h * Group 4 - 22-24 km/h   Groups will be limited to 8 cyclists to maintain safety |
| **When** | Saturdays |  | All cyclists should be comfortable riding in groups and on the open road. Novice cyclists wishing to attend should have attended the [Introductory Club Ride](http://claphamchasers.co.uk/Introductory-Club-Ride) first |
| **Time:** | 08:30 to 14:00 (approx.) |  | Cyclists unable to keep up with Group 4 may be asked to get the train back from the nearest station. All cyclists should be able to get themselves home safely if separated from their group for any reason. |
| **Starting / Finishing Point:** | Routes finish at starting point, but groups to end the ride at various locations based on recommended café stop. |  | As above, all riders asked to ensure they are able to get themselves home safely. |
| **Session / Distance:** | Varies each week – There are 6 different routes ranging from flat to hilly in gradient and 80km to 105km in distance | **Website:** | <http://claphamchasers.co.uk/weekendcycle>  <http://claphamchasers.co.uk/saturdayride> |
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| **Description of Hazard / Risk** | **Risk Rating**  **(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Bike / Kit / Clothing | Medium | All Cyclists | All cyclists should bring the following kit as a minimum:  Helmet, Puncture Repair Kit, Pump, Adequate food and drink and waterproof jacket /gilet if weather changes.  All cyclists should also ensure their bike is in good working order before starting the ride |  |
| Novice Cyclists | Medium | All Cyclists | Ensure any new joiners or those riding for the first time are comfortable riding on the road and in groups.  If not, they should attend the [Introductory Club Ride](http://claphamchasers.co.uk/Introductory-Club-Ride) first. This should be stated in the Facebook post beforehand. |  |
| Knowledge of route | Medium | All Cyclists | All cyclists should study the route beforehand and choose the appropriate pace group  Riders who are able to lead the groups should have a sat nav device with the route preloaded |  |

# **Introductory Club Ride**

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| **Location / Route:** | Richmond Park (Roehampton Gate) | **Additional Notes:** | Open to all members – not restricted to new or prospective members. However all cyclists should be capable of riding 50km (30 Miles) as this will be the maximum distance of any ride |
| **When** | Sundays  (Not every Sunday – See Facebook Group for specific dates). Will depend on demand |  | Sign up for the introductory club ride is via the Facebook post on the Chasers’ Facebook Group |
| **Time:** | 08:30 to 12:00 (approx.) |  | Number of Leaders required depends on number of cyclists. As a minimum, have 2 leaders per ride. As a guide, no more than 7 cyclists per leader |
| **Starting / Finishing Point:** | Varies – See Facebook Group for specific details |  |  |
| **Session / Distance:** | Route will vary but no more than 50k (30 Miles) | **Website:** | <http://claphamchasers.co.uk/Introductory-Club-Ride> |
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| **Description of Hazard / Risk** | **Risk Rating**  **(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Bike / Kit / Clothing | Medium | All Cyclists | All cyclists should bring the following kit as a minimum:  Helmet, Puncture Repair Kit, Pump, Adequate food and drink and waterproof jacket /gilet if weather changes.  All cyclists should also ensure their bike is in good working order before starting the ride |  |
| Novice Cyclists | High | All Cyclists | All cyclists should at the very minimum be able to ride safely alone and follow the Highway Code. They should also read through the Introductory Club Ride webpage beforehand |  |
| Knowledge of route | High | All Cyclists | All cyclists (especially the Leaders) should study the route beforehand and choose the appropriate pace group  Leaders should have a sat nav device with the route preloaded |  |
| Other road users (drivers, cyclists and pedestrians) | Medium | All Users | Use correct cycling etiquette when riding (hand signals, overtaking). When overtaking, slow down and be cautious |  |
| Isolated Cyclists | Medium | All Cyclists | Leader to ensure that pace of the group is the same as the slowest cyclist to ensure nobody gets isolated and left behind |  |
| Mechanicals | Medium | All Cyclists | Riders should be able to get themselves home if a mechanical means that they cannot continue the ride (e.g. bring phone/money). Leaders should stop their group in a safe location in the event of a mechanical and assist with fixing punctures where necessary/possible. |  |