

CYCLING TIME TRIALS

The national governing body for CYCLING time trials
www.ctt.org.uk

SOUTH DISTRICT COUNCIL

COURSE DETAILS FOR START SHEETS

&

RISK ASSESSMENT

COURSE NUMBER

P410/50

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CYCLING TIME TRIALS - SOUTH DISTRICT COUNCIL

COURSE NUMBER: P410/50

Distance 50 miles. Short Description Lytchett Minster, Bere Regis, Blandford, Wimborne, Lytchett Minster.

GUIDANCE NOTES FOR PROMOTING SECRETARIES

RISK ASSESSMENT. Promoting Secretaries should refer to the Course Risk Assessment and check that all measures to reduce risks have been covered.

Promoting Secretaries should complete an Event Risk Assessment to identify any additional risks arising shortly before the event and brief competitors if necessary. Promoting Secretaries should still complete an Event Risk Assessment even if there were no additional hazards, and return it to the District Secretary.

FIELD PLACEMENT. Whilst the underlying principle of field placement is to arrange the starting position of each rider to avoid paced and company riding, the overriding consideration must be the Safety of Competitors.

The event should be on the road for as little time as practicable, so that slower riders are not exposed to the danger of becoming left adrift by being placed at the end of the field. This will also reduce the duty of care placed on marshals and timekeepers who may not be aware that riders are still out on the course. The Safety of Competitors must be given priority over the *strict* application of the principle of field placement as per Guidance Note No.8. In order to reduce the danger to the slower riders, consideration should be given to placing faster riders at the end of the field even though their potential time might qualify them for a higher spot nearer the front of the field. The latter part of Guidance Note No. 8 may also be helpful in this respect

NOTES TO BE INCLUDED ON START SHEETS/START CARDS or DISPLAYED AT SIGNING--ON

SAFETY INSTRUCTIONS

Riders must:

Any rider observed riding in a manner which may jeopardise his or her own safety, the safety of others and the future of the Sport will be disqualified and reported to the South District Council of Cycling Time Trials.

SAFETY HELMETS

For events where helmets are not compulsory, the following should be printed on all Start Sheets: "In the interests of your Own Safety, Cycling Time Trials and the event promoters strongly advise competitors to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. Cycling Time Trial regulations require all competitors under the age of 18 years to wear a Hard Shell Helmet". For events where helmets are compulsory, the notice should read "All competitors in this event are required to wear HARD SHELL HELMETS, which should meet an internationally accepted safety standard". Any rider failing to wear a Hard Shell Helmet in such an event **MUST** be disqualified and this must be stated on the Start Sheet.

SIGNING-ON SHEET & RACE NUMBERS

Riders must sign the Official Signing-On Sheet at the Event HQ to obtain their Race Number.

SAFE ROUTES TO START AND FROM FINISH

Safe route to start right out of hall, right at crossroads to bottom of hill left and immediate right (care crossing A35) (beware of riders on course) next left to start at end of lane.

Safe route after finish Left into Organford Lane and then reverse of outward route.

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DUTY OF CARE

1. The Riders

The Primary "Duty of Care" rests with the Riders. It is their responsibility to:

- comply with traffic law and regulations; the Highway Code and the Risk Assessment. Failure to comply renders a Rider liable to disqualification and possible further disciplinary action.
- observe the measures taken by the Highways Authorities to reduce risks and conflict with other road users.
- ride in a manner that is safe for themselves and all others.
- accept they participate at their own risk and must rely on their own ability and judgement in dealing with all hazards.

2. Other Road Users

Other Road Users, particularly drivers, have a "Duty of Care". It is their responsibility to:

- comply with traffic law and regulations and to obey the Highway Code.
- observe the measures taken by the Highways Authorities to reduce risks and conflict with other road users.
- drive in a manner that is safe for themselves and all others.
- accept that cyclists have a *legal* right to use the Highway.

3. The Highways Authorities

The Highways Authorities have a "Duty of Care" to provide a *Safe Road Infrastructure*.

It is their responsibility to:

- identify locations where there is a potential for conflict between road users.
- reduce conflict by the use of signs, road markings or physical systems such as traffic lights and roundabouts.
- reduce risks caused by hazards such as sharp bends, steep hills and narrow sections of road, wild life and vulnerable people by signing and road markings.
- decide speed limits and implement traffic calming measures to reduce accidents.
- repair defective road surfaces, cut back vegetation, remove abandoned cars and fly tipping.

4. The Governing Body for Cycle Time Trials

The District Council of the Governing Body has a "Duty of Care". It is their responsibility to:

- check what the Highways Authorities have done is suitable for cycle time trials by carrying out a Course Risk Assessment and introducing additional specific measures to make the road safer for Riders and other road users. If additional measures are not required this will be recognised and signified on the Course Risk Assessment by the words "No additional measures required".
- instruct the Promoting Secretary (Event Organiser) on action to reduce all risks to "LOW".

5. The Event Organiser (or Promoting Secretary)

The Promoting Secretary (Event Organiser) has a "Duty of Care".

He or she is responsible for:

- implementing the Measures to Reduce Risk identified in the Course Risk Assessment.
- completing an Event Risk Assessment to identify any additional risks arising shortly before the event and briefing Riders if appropriate, and taking measures to reduce new risks to "LOW". This could include contacting the Highways Authority to eliminate hazards, eg; potholes, broken grids, and abandoned cars as part of the Authority's "Duty of Care"
- submitting an Event Risk Assessment to the District Secretary of the Governing Body after the event. If there were no additional hazard, a Nil Return is required.

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FULL COURSE DESCRIPTION FOR START SHEETS

START in Organford Lane approximately 1/3 mile West of Bakers Arms roundabout on A35 at concrete block at end of Armco at metal gate. Left on A35 to Bere Regis by-pass (6.95m) Right (2nd exit) to Rbt. Right (3rd exit) onto A31 to Roundhouse Rbt (14.15m) Left onto A350 to Blandford St Mary Rbt Circle and retrace to Roundhouse Rbt (25.42) Left onto A31 to Lake Gates Rbt. Circle and retrace to Roundhouse Rbt Straight on to Bere Regis By-pass Rbt. Left onto A35 to next Rbt. Left to Bakers Arms Rbt. Straight onto (2nd Exit) (47.88m) A35. Left onto 1st slip road to Rbt A350 circle Rbt (4th exit) and rejoin A35 to Bakers Arms. Straight onto (2nd exit).

Finish at field gate hard standing before road junction sign (50m)

Notes: Observers may be in attendance along the course

COURSE RISK ASSESSMENT

Approved by the District Council for Time Trial Secretaries and Promoting Secretaries.

	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
1.	General Requirements	Road Usage meets CTT Traffic Standards	L	Traffic Counts Time restrictions on use of Course.
2	Before START	Competitors riding from Event Headquarters Competitors warming up.	M	Cycle Event Warning Sign Instructions on Start Sheet; - safe routes to START - prohibited areas for warming up - no U turns in sight of Timekeeper
3	Area of START	Competitors waiting at side of road. Timekeepers vehicle only.	L	Cycle event warning signs. Instructions on start sheet on conduct at start.
4	START at Organford Lane SY948925	Competitors and/or Holder Up falling	L	No additional measures
5	Junction Organford Lane onto A35 SY949926	Left on to A35	M	Marshal or Direction sign. Cycle event warning signs at Junction.
6	Foxhills Lane SY948927	Minor Road on right	L	No additional measures
7	Pikes Farm SY942997	Staggered crossroads with minor road	L	No additional measures
8	Bulbury Lane SY929933	Minor Road on Right	L	No additional measures
9	Morden Park Corner SY913938	Staggered crossroads	L	No additional measures
10	East Bloxworth SY904938	Minor Road on Right	L	No additional measures

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	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
11	Bloxworth SY877938	Minor Road on Right	L	No additional measures
12	Bloxworth SY873939	Cycle path on Left	L	No additional measures
13	Woodbury Hill SY862942	Staggered crossroads	L	No additional measures
14	Bere Regis roundabout SY850947	RIGHT turn, 2nd exit to stay on A35. Steep downhill approach to tight turn. Traffic joining from minor road on left. Most traffic follows event route.	M	Warning on start sheet.
15	Bere Regis SY852951	Minor road on right	L	No additional measures
16	Bere Regis Towns End roundabout SY852953	RIGHT turn, 2nd exit on to A31 eastbound. Traffic joining from right from minor access road and from A35 trunk road.	L	Direction sign or marshal at RAB. Warning sign for traffic joining from A35 Dorchester.
17	White Post SY857962	Minor Road on left	L	No additional measures
18	Red Post SY883971	Crossroads with minor road	L	No additional measures
19	Winterborne Zelston (The Street) SY897973	Minor Road on left	L	No additional measures
20	Winterborne Zelston (Botany Bay Inn) SY899973	Minor Road on left	L	No additional measures
21	Vermin Lane SY903974	Minor road on right	L	No additional measures
22	Worlds End PH SY907978	Minor road on right	L	No additional measures
23	Worlds End PH SY907980	Junction with B3075 on right	L	No additional measures
24	Mapperton SY907981	Minor Road on left	L	No additional measures
25	Almer SY913988	Minor Road on left	L	No additional measures

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	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
26	East Almer SY920993	Junction with B3075 on left	L	No additional measures
27	Stag Gate SY925993	Minor Road on left	L	No additional measures
28	Dullar Lane SY942987	Crossroads with minor road	L	No additional measures
29	Roundhouse roundabout SY949986	Left at Roundabout on A31 onto A350	M	Marshal or direction sign. Cycle event warning signs on roundabout.
30	Sturminster Mashall, Dullar Lane SY946992	Crossroads with minor road	L	No additional measures
31	Lambs Lane SY945993	Minor road on right	L	No additional measures
32	Newton RD SY942997	Staggered crossroads	L	No additional measures
33	Minor RD ST932010	Minor road on left	L	No additional measures
34	Spetisbury, Louse Lane ST918018	Crossroads with minor road	L	No additional measures
35	Spetisbury Village	Parked Cars and minor side Roads	M	Warning on start sheet to take care.
36	Charlton Marshall Village	Parked Cars and minor side Roads	M	Warning on start sheet to take care.
37	Park Lane ST899042	Minor road on left	L	No additional measures
38	Blandford St Mary Village	Minor side Roads on Right	L	No additional measures
39	Blandford St Mary Rbt ST888055	Circle & Retrace RBT	M	Marshal or direction sign. Cycle event warning signs on roundabout.
40	Blandford St Mary Village	Minor side Roads on Left	L	No additional measures
41	Park Lane ST899042	Minor road on Right	L	No additional measures
42	Charlton Marshall Village	Parked Cars and minor side Roads	M	Warning on start sheet to take care.

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	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
43	Spetisbury Village	Parked Cars and minor side Roads	M	Warning on start sheet to take care.
44	Spetisbury, Louse Lane ST918018	Crossroads with minor road	L	No additional measures
45	Minor RD ST932010	Minor road on Right	L	No additional measures
46	Newton RD SY942997	Staggered crossroads	L	No additional measures
47	Lambs Lane SY945993	Minor road on right	L	No additional measures
48	Sturminster Mashall, Dullar Lane SY946992	Crossroads with minor road	L	No additional measures
49	Roundhouse roundabout SY949986	Left at Roundabout onto A31	M	Marshal or direction sign. Cycle event warning signs on roundabout.
50	Coventry Arms SY973847	Minor road on right	L	No additional measures
51	Corfe Mullen Church SY976984	B road on right	L	No additional measures
52	Brog Street SY987987	Minor road on right	L	No additional measures
53	Lake Gates roundabout SY997990	Circle & Retrace on A31	M	Cycle event warning signs on roundabout.
54	Brog Street SY987987	Minor road on left	L	No additional measures
55	Corfe Mullen Church SY976984	B road on left	L	No additional measures
56	Coventry Arms SY973847	Minor road on left	L	No additional measures
57	Roundhouse roundabout SY949986	Straight ahead on A31	M	Marshal or direction sign. Cycle event warning signs on roundabout.
58	Dullar Lane SY942987	Crossroads with minor road	L	No additional measures

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	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
59	Stag Gate SY925994	Minor road on right	L	No additional measures
60	East Almer SY920993	Junction with B3075 on right	L	No additional measures
61	Almer SY913988	Minor road on right. Private road on left.	L	No additional measures
62	Mapperton SY907981	Minor road on right	L	No additional measures
63	Worlds End PH SY907980	Junction with B3075 on left	L	No additional measures
64	Worlds End PH SY907978	Minor Road on left	L	No additional measures
65	Vermin Lane SY903974	Minor Road on left	L	No additional measures
66	Winterborne Zelston (Botany Bay Inn) SY899973	Minor road on right	L	No additional measures
67	Winterborne Zelston (The Street) SY897973	Minor road on right	L	No additional measures
68	Red Post SY883971	Crossroads with minor road	L	No additional measures
69	White Post SY857962	Minor road on right	L	No additional measures
70	Bere Regis Towns End roundabout SY852953	LEFT turn, 1st exit on to A35 eastbound.	L	Direction sign or marshal at RAB. Warning sign for traffic joining from A35 Dorchester.
71	Bere Regis SY852951	Minor Road on left	L	No additional measures
72	Bere Regis roundabout SY850947	LEFT turn, 1st exit on to A35 eastbound.	L	Direction sign or marshal at RAB
73	Woodbury Hill SY862942	Staggered crossroads	L	No additional measures
74	Bloxworth SY877938	Minor Road on left	L	No additional measures

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	Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
75	East Bloxworth SY904938	Minor Road on left	L	No additional measures
76	Morden Park Corner SY913938	Staggered crossroads	L	No additional measures
77	Bulbury Lane SY929933	Minor Road on left	L	No additional measures
78	Pikes Farm SY942997	Staggered crossroads with minor road	L	No additional measures
79	Foxhills Lane SY948927	Minor Road on left	L	No additional measures
80	Organford Lane SY949926	Minor road on right	L	No additional measures
81	Bakers Arms Roundabout SY954925	Straight on (2 nd exit). Junction with B3067 and A351.	M	Marshall or Direction sign. Cycle event warning signs on approach to RAB from B3067 and A351.
82	Slip road to Upton Roundabout Turn SY974937	Left up sliproads from A35	M	Marshall or Direction sign. Cycle event warning signs.
83	Upton Roundabout Turn SY976937	Circle & retrace	M	Marshall or Direction sign. Cycle event warning signs.
84	Rejoining A35 westbound SY974937	Joining dual carriageway	M	Warning sign on A35
85	Bakers Arms Roundabout SY954925	Ahead on A35 (2 nd exit).	M	Direction sign. Cycle event warning signs on approach to RAB from B3067 and A351.
86	FINISH at field gate hard standing before road junction sign (50m) SY950925	Finish area with timekeeper's vehicle only	L	Chequered board/flag. Instructions on start sheet – not times will be given/no stopping/no U-turns at Finish
87	After FINISH	Competitors returning to HQ	L	Instructions on start sheet on safe route.

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TIME RESTRICTIONS ON USE OF COURSE

Day(s)	Months	Last Rider on Road (am events)	First Rider on Road (pm events)
Weekdays			
Saturdays			
Sundays (& Bank Holidays)			

ORDNANCE SURVEY MAPS COVERING COURSE WITH GRID REFERENCE SQUARES

MAP DETAILS: Ordnance Survey - Landranger Series Sheet
Grid Square References :

STREET MAPS to aid identification of Hazards

STREET ATLAS: Ordnance Survey for
Scale 3.5 inches to 1 mile (5.52 cm to 1Km)

Published by George Philip Ltd (Philip's)

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EVENT RISK ASSESSMENT

To be prepared by the Promoting Secretary to identify specific additional hazards and returned to the District Secretary.

PROMOTING CLUB:.....

DATE OF EVENT:

DAY OF WEEK.....START TIME.....

SPECIFIC RISKS

Location	Details of Hazard	Risk H/M/L	Measures to Reduce Risk
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Signed.....Date.....

GUIDANCE NOTES for Promoting Secretary

The purpose of this form is to forward details of any additional hazards or incidents that occurred during the event, that may require an amendment to the Course Risk Assessment and record any measures taken to reduce risks from additional hazards.

Location should include Ordnance Survey Grid Reference to ease identification of hazard.

Inspect the Course during the week before Race Day for additional hazards such as potholes, broken grids and abandoned cars and contact the Highway Authority to have them eliminated as part of their responsibility for "Duty of Care". Also inspect the Course for other incidents and hazards such as temporary road works, diverted traffic, other local events, mud and parked vehicles.

Please record any measures you took to reduce risk including replacing marshals and any comments on additional measures that might be added to the Course Risk Assessment for future events.

A completed copy of this form should be sent to the District Secretary after the event even if there were no additional hazards to report.