

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

P415/25

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CYCLING TIME TRIALS - SOUTH DISTRICT COUNCIL

COURSE NUMBER: P415/25

Distance...25 miles Short Description.....Newtown Holes Bay – Bakers Arms Loop X3

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:

TAKE GREAT CARE AT EACH OF THE FIVE TURNS AND GIVE CLEAR SIGNALS WHEN CHANGING LANES ON THE APPROACH TO ROUNDABOUTS

OTHER INSTRUCTIONS

There have been complaints of some riders urinating in the vicinity of the start, in view of people living opposite. Any rider behaving in this manner will be subject to disciplinary action. There are places at the back of the Business Park out of view from the main road.

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

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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 On B3068 Ringwood Road by first lamp standard south of the entrance to Newton Business Park. Proceed north to turn left at roundabout (0.4m) onto Old Wareham Road. Proceed west and take 1st exit at roundabout (GREAT CARE) at bottom of hill and onto A3049 over Fleetsbridge flyover to Holes Bay RBT (2.55m). Take 2nd exit (straight on) along A35 to TURN at the Bakers Arms roundabout (junction A351) (6.1m). CIRCLE and retrace to Holes Bay RBT (9.73m). where TURN and retrace to Bakers Arms rbt, where TURN and retrace to Holes Bay RBT (16.95m). TURN again and retrace to Bakers Arms rbt, where TURN and Retrace to Holes Bay RBT (24.18m) where (at the third visit) proceed straight on on A3049 to FINISH by 4th lamp standard west of the white footbridge before the slip road to Canford Heath

COURSE RISK ASSESSMENT

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

	Location	Details of Hazard	Risk	Measures to Reduce Risk
1.	General Requirements	Road Usage meets CTT standards	L	Traffic Counts / Time Restrictions
2.	Before START	Competitors riding from Event HQ to the start. Competitors warming up.	L	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 on A35 and Wareham Road Instructions on start sheet on conduct at start.
4.	START at Newtown Business Centre SZ036932	Competitors and/or Holder Up falling	L	No additional measures
5.	Exit onto B3068 Ringwood Road SZ036932	Competitors joining main road	M	Warning sign on Ringwood Road south of start
6.	Roundabout with Old Ringwood Road SZ038936	Left turn at roundabout	L	Warning sign on Ringwood Road north of roundabout
7.	Dorset Way Roundabout SZ029933	Fast downhill approach to roundabout (straight on)	M	Warning sign on Dorset Way north of roundabout. Warning on start sheet.
8.	Oakdale Sliproad SZ022931	On & off sliproads from Oakdale Road	M	Warning sign for traffic joining course.
9.	Fleetsbridge Sliproad SZ012932	Off sliproad to Fleetsbridge	L	No additional measures
10.	Holes Bay Roundabout SZ004929	Straight on (2 nd exit). Junction with A350.	M	Direction signs. Cycle event warning signs for traffic approaching on A350 from Poole and A3049 from Oakdale.
11.	Creekmoor/Upton House flyover SY990933	On & off sliproads	M	Cycle event warning signs for traffic joining course.
12.	Upton Underpass SY977937	On & off sliproads from A350	M	Cycle event warning signs for traffic joining course.
13.	Bakers Arms Roundabout SY954925	TURN (3 rd exit). Junction with B3067 and A351.	M	Marshal(s) and/or direction signs. Cycle event warning signs on approach to RAB from south, west and north.
14.	Upton Underpass SY977937	On & off sliproads from A350	M	Cycle event warning signs for traffic joining course.

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	Location	Details of Hazard	Risk	Measures to Reduce Risk
15	Creekmoor/Upton House flyover SY990933	On & off sliproads	M	Cycle event warning signs for traffic joining course.
16	Holes Bay Roundabout SZ004929	TURN (3 rd exit). Junction with A350.	M	Direction signs. Cycle event warning signs for traffic approaching on A350 from Poole and A3049 from Oakdale.
17 – 22 Repeat Nos. 11-16				
23-27 Repeat Nos. 11-15				
28	Holes Bay Roundabout SZ004929	Straight on	M	Direction signs. Cycle event warning signs for traffic approaching on A350 from Poole and A3049 from Oakdale.
29	Fleetsbridge SZ014932	On Sliproad from Fleetsbridge roundabout.	M	Warning sign on sliproad.
30	FINISH SZ018931	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
31	After FINISH	Competitors returning to HQ	L	Instructions on start sheet on safe route.

TIME RESTRICTIONS ON USE OF COURSE

Day(s)	Months	Last Rider on Road (am events)	First Rider on Road (pm events)
Weekdays	All		No Events
Sundays	All	10.00	

ORDNANCE SURVEY MAPS COVERING COURSE WITH GRID REFERENCE SQUARES

MAP DETAILS: Ordnance Survey - Landranger Series Sheet 195....
 Grid Square References : ...SY/SZ.....

STREET MAPS to aid identification of Hazards

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

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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.