

# **CYCLING TIME TRIALS**

The national governing body for CYCLING time trials  
[www.ctt.org.uk](http://www.ctt.org.uk)

## **SOUTH DISTRICT COUNCIL**

### **COURSE DETAILS FOR START SHEETS**

**&**

### **RISK ASSESSMENT**

### **COURSE NUMBER**

**P433**

#### **INDEX**

Guidance Notes for Event Promoters

Summary of Course Details for Start Sheets

Course Risk Assessment

Map of Course with Ordnance Survey Grid Reference Squares

Street Maps to aid identification of Hazards

Event Risk Assessment

# CYCLING TIME TRIALS - SOUTH DISTRICT COUNCIL

## COURSE NUMBER: P433

Distance...27km . Short Description...Gallows Hill – Waddock Cross – Moreton – Wool – Worgret Circuit

## 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 ROUTE TO START

**Right out of HQ along North Street. Left at end of road then right along Southbrook. Continue out of Bere Regis, to Gallows Hill crossroads where right to start.**

### SAFE ROUTE FROM FINISH

**Left at Gallows Hill crossroads to retrace outbound 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 on Wareham to Tincleton Road just west of Gallows Hill junction  
 Proceed west (take care on poor road surface near Clouds Hill) to junction with B3390 at Waddock Cross (4.3km)  
 Turn left on B3390 to crossroads (sp Moreton) (6.4km). Left on unclassified road through Moreton (take care of sharp bends) to T-junction with A352 north of level crossing at Wool (14km). Turn left (give way to traffic from right) and follow A352 east to Worget Heath (20.6km). Turn sharp left (great care - very sharp turn) across Worgret Heath to FINISH at layby east of Gallows Hill junction (26.7km).

### 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 on use of course
2.	Before START	Competitors riding from Event HQ to the start. 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 SY833909	Competitors waiting at side of road. Timekeepers vehicle only.	L	Cycle event warning signs west of start. Instructions on start sheet on conduct at start.
4	Clouds Hill SY823909	Minor road on left	L	No additional measures.
5	Moreton Plantation SY819911	Minor road on right	L	No additional measures.
6	Waddock Cross SY799910	Left turn (give way) onto B road	M	Warning signs on B3390. Marshal.
7	Hurst SY793902	Minor road on left	L	No additional measures.
8	The Common SY791899	Minor road on left	L	No additional measures.
9	Hurst Heath crossroads SY785895	Sharp left turn into minor road. Risk of riders going wide.	M	Marshal. Warning sign east of junction. Warning on start sheet.
10	Station Road SY790894 to SY802893	Minor roads on left and right	L	No additional measures.
11	Moreton SY804893	Tight right bend	L	Warning on start sheet
12	Broomhill Bridge SY809882	Tight left bend onto narrow bridge	L	Warning on start sheet
13	East Burton SY831869	Built up area. Minor roads on left and right.	L	No additional measures.
14	Wool SY843869	Left turn (give way) onto A352	M	Marshal Warning signs on A352.
15	East Burton Road SY844869	Minor road on left	L	No additional measures.
16	Roundabout SY844870	Straight on (2 <sup>nd</sup> exit) at roundabout	L	Warning sign on road north of roundabout.
17	Stokeford SY872870	Minor road on right	L	No additional measures.
18	Rushton Lane SY878870	Minor roads on left and right	L	No additional measures.
19	Binnegar SY881870	Minor road on left	L	No additional measures.
20	Holmebridge SY890869	B road on right	L	No additional measures.
21	Worgret SY903869	Very sharp turn into minor road.	M	Cycle event warning signs. Marshal. Warning on start sheet.
22	FINISH SY845904	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
23	After FINISH	Competitors returning to HQ	L	Instructions on start sheet on safe route.

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## TIME RESTRICTIONS ON USE OF COURSE

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

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## ORDNANCE SURVEY MAPS COVERING COURSE WITH GRID REFERENCE SQUARES

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

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## 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)  
  
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.