

UNI CYCLING RISK ASSESSMENT

Activities usually carried out by Eric Latimer 2007
Unicycling in public places.

HAZARD

Falling off bicycle/collision with objects/people.

CONTROLS MEASURES IN PLACE

Perform according to ability.

Refrain from performing if tired or fatigued.

Observe ground surface quality at all times.

If ground quality is poor refrain from unicycling in close proximity to the public i.e (Allow 4-5 metres)

RISK FACTOR

Medium-High.

FURTHER CONTROL MEASURES

Encourage sensible cycling and only attempting routes appropriate to your skill level.

HAZARD

Collision with motor vehicle.

Medium

CONTROLS MEASURES IN PLACE

Refrain from uni cycling on public roads.

Unicycling on roads is ok as with road closures for public events.

RISK FACTOR

Low

FURTHER CONTROL MEASURES

Be highly visible.

HAZARD

Mechanical failure (e.g. brake failure, tyre failure).

CONTROLS MEASURES IN PLACE

Advised correct maintenance of bicycles and use of adequate equipment.

Riders encouraged to bring repair equipment (e.g. Spanners, oil, inner tubes, pump).

RISK FACTOR

Medium

FURTHER CONTROL MEASURES

Replace worn or damaged equipment

HAZARD

General sporting injury to the cyclist (e.g. muscle strain).

CONTROLS MEASURES IN PLACE

Encouraged warm-up/stretching routines.

RISK FACTOR

Low

FURTHER CONTROL MEASURES

Adjusting ride intensity to suit ability of riders present.

Notification of expected ride intensity/duration on schedule.