

## **Circuit of Rusland Sign and Marshal Placement**

### **Course Description**

Start on 'The Causeway' facing Eastwards on an unnamed road behind the A590 at the point where two gates are opposite (see PIC 1). After 1.2 miles stay on the road by taking a sharp left turn (PIC 2) and head north through Rusland Valley. Stay on the road until after Thwaite Head Farm and turn left after cresting the hill at the junction signposted Satterthwaite/Grizedale/Hawkshead (PIC 3; 5 miles). Continue in south-westerly direction for 0.5 miles and take a left turn at the junction at force forge (PIC 4). Continue over Force Beck bridge (PIC 5) on to Oxen Park over Penny Bridge (PIC 6 and 7) until it meets the A5092 at Penny Bridge (PIC 8; 11.5 miles). Turn left and proceed along the A5092 towards the roundabout at Grennodd (PIC 9; 12 miles). Take first exit onto the A590 and finish at the Haverthwaite 10 course finish just before Lanes End at Haverthwaite Crossroads (14 miles).

### **Risk Assessment**

Course/Road(s) Assessed: **Barrow Central Wheelers Circuit of Rusland - 14 miles**

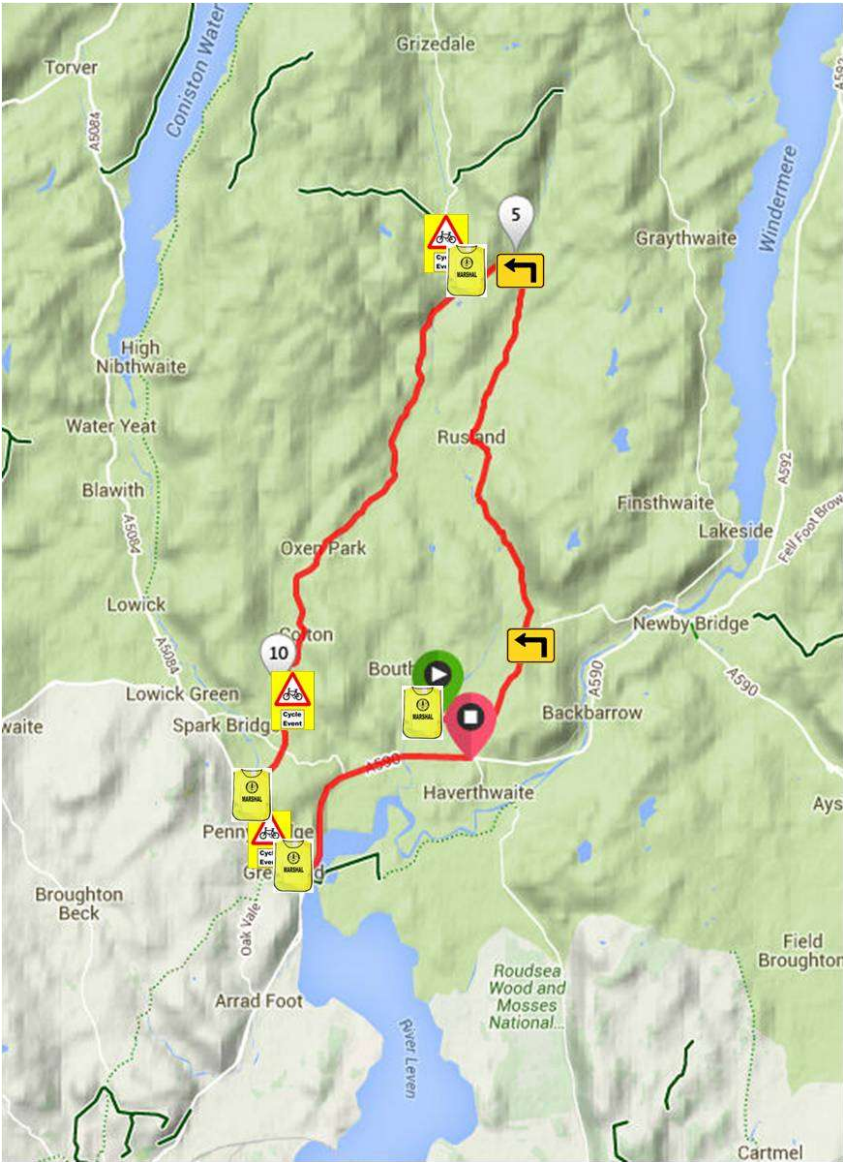
Date of Assessment: **December 2015**

Name of Assessor: **Glenn Rhodes (BaCW)**

<b>Distance</b>	<b>Location</b>	<b>Risk/Hazard</b>	<b>Level of Risk Low/Med/High</b>	<b>Measures to reduce Risk (if applicable)</b>
	General Requirements	Time of event meets CTT standards. Course clear on day.	Low	Organiser to act on any course obstruction reported on the day.
	Before start	Competitor parking. Competitors riding from HQ and warming up.	Low	Organiser to prominently display head up sign at signing on.
	Start area (PIC 1)	Competitors waiting.	Low	Organiser to ensure event warning triangle placed before start.
	Start on 'The Causeway' (PIC 2)	Competitor/starting marshal falling and vehicles approaching.	Low	Organiser to brief start marshals to warn riders of approaching

				traffic.
1.2 miles	Sharp left turn (PIC 3)	Riders need to keep left and not be tempted to head straight ahead up the steep hill	Low	LEFT TURN SIGN to prevent riders going up hill
5 miles	Unnamed road (PIC 4)	Riders to turn left so as not to veer off course	Low	LEFT TURN SIGN placed at junction
5.5 miles	Force forge (PICS 5 & 6)	Traffic on right at junction to force forge	Low	MARSHAL and cycle event sign to be placed on junction
5.65 miles	Force Beck bridge	Caution required for the sharp left turn after the bridge	Low	Organiser to ensure riders have read additional safety notice
11.4 miles	Penny Bridge (PICS 7, 8 & 9)	Sharp right turn after fast descent (PIC 7)	Low	Organiser to ensure riders have read additional safety notice
11.5 miles	Penny Bridge junction with A5092 (PIC 10)	Taffic from right on A5092	Low	MARSHAL and cycle event sign to be placed on junction
12 miles	Greenodd roundabout (PIC 11)	Traffic from right on roundabout	Low	MARSHAL and cycle event warning signs at roundabout

Pic. 1. Course map and start



Pic. 2. Start on the causeway – Marshal 1



**Pic 3. Sign 2 – Arrow sign to prevent riders going up the steep hill towards Finsthwaite**



**Pic 4. Sign 3 – Arrow sign after steep hill just out of Rusland to take riders left towards Force forge and not straight on towards Dale Park**



**Pic 5. Sign 4 and marshal 2 - Force Forge.** To notify traffic from Grizedale of riders emerging from the Rusland junction. Marshal to ensure safety and that riders head straight on to Force Forge bridge towards Oxen Park



**Pic 6. View from Grizedale side...**



**Pic 7. Sign 5 – ‘Caution steep descent’ sign on road down to Pennybridge**



**Pic 8 and 9. Marshal 3 –Pennybridge to notify riders to slow down and turn right over bridge**



**Pic 10. Cycle event Sign 6** to notify traffic from Coniston on A5092 of riders emerging from Pennybridge and **marshal 4**, to ensure safety of riders emerging from Pennybridge onto A5092.



**Pic 11. Cycle event signs 6 and 7 and marshal 5** - Greenodd roundabout.

