

# Risk Assessment



## Risk Assessment: Charity Cycle Ride

**Event Name:** C2C Llyn Peninsula & Anglessey

**Date:** 4<sup>th</sup> June – 8<sup>th</sup> June 2026

**Route:** Conwy - Criccieth – Nefyn – Beaumaris - Conwy

**Organiser(s):** Kevin & Heather Marriott

**Charity Beneficiary:** Rainbows Hospice

**Expected Participants:** 25

## Purpose




This ride raises funds for a charitable cause while prioritising rider safety. All participants are expected to follow guidelines to ensure a smooth and secure event for everyone.

## Hazards & Control Measures

Hazard	Risk	Control Measures
Mixed rider experience	Uneven pacing, accidents	Group riders by ability.
Road traffic	Collision or near-miss with vehicles	Use quieter routes. High-visibility gear encouraged. Daytime running lights encouraged.
Road conditions	Potholes, gravel, speed bumps	Reduce speed, make other riders around you aware of deteriorating road conditions.
Inclement weather	Slippery surfaces, discomfort	Check forecast. Option to delay / postpone. Riders to take shelter if conditions make cycling dangerous. Reduce speed.

Hazard	Risk	Control Measures
Rider exhaustion	Fatigue-related incidents	Include water/rest stops. Riders to carry energy bars/gels, nutrients.
Mechanical issues	Delays or injuries from equipment failure	Encourage bike checks before event and before each ride. Support vehicle to carry tool bag. Riders to carry emergency roadside equipment, e.g. inner tubes, tyre levers, pump etc. Contact support vehicle if unable to perform roadside repair.
First-time participants	Unaware of etiquette or road rules	Detailed briefing before start. Offer support riders to assist and guide.
Medical emergencies	Delayed care or confusion	Emergency contacts collected. First aid kit available in support vehicle.
Insect Stings, Bites	Shock, Swelling, Allergic Reaction	Each rider to carry antihistamine tablets and seek medical attention if needed.

## Emergency Protocol

- In case of minor injury or incident, stop and notify the organiser immediately.
  - First aid administered on site where feasible.
  - Emergency services contacted for serious situations.
  - All riders encouraged to carry ID and emergency contact info – wearable bands/pendants or smart phone ‘Medical ID’ information.
1. How to set this up on **iPhone**  [Set up your Medical ID in the Health app on your iPhone – Apple Support](#)
    - How to access someone’s medical ID on iPhone 
      - If the iPhone is locked, go to the Lock screen, then tap Emergency > Medical ID.
      - If the iPhone is unlocked, open the Health app, then tap the Medical ID tab.
  2. How to set this up on **Android**  [How to add medical information to your Android phone – Android Police](#)

- How to access someone's medical ID on Android smart phones:
  - On a locked screen, swipe up. Tap **Emergency** > **View emergency info**.

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## Emergency Contacts

Type	Name	Phone Number
Organiser	Kev Marriott	07713 512 442
Organiser	Haether Marriott	07718 762025
Support Vehicle	David Griffiths	07710 958 527
	Carol Griffiths	07879 040 303
Route Support	David Olney	07941 251 308

## Minor Injuries Units in North Wales

Name	Opening Hours	Phone Number
Bryn Beryl Hospital (Pwllheli)	8am–8pm, 7 days/week	0300 085 0014
Ysbyty Alltwen (Tremadog)	8am–Midnight, 7 days/week	0300 085 0027
Llandudno Hospital (Llandudno)	8am–8pm, 7 days/week	0300 085 0013

## Major Hospitals in North Wales

Name	Location	Phone Number
Ysbyty Gwynedd	Bangor	01248 384 384

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## Participant Declaration (Optional)

By signing below, I confirm that:

- ☒ I understand this is a charity ride and accept the associated risks.
- ☒ I am physically fit to participate.

☒ I will follow instructions given for group safety.

☒ I am responsible for my own bicycle and riding conduct.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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