Club Tour 2026 Risk Assessment

Clwb Seiclo Rhuthun/Ruthin Cycling Club

June 12th - 14th 2026

This is a Club organised event covering around 150-300 miles throughout Eryri over 3 days for Club Members. It starts on Friday 12th June 2026 from Ruthin.

It is **self-supported**. There is no support vehicle planned and riders may need to carry their own clothes etc. for both on and off the bike, though not bedding, towels etc. However we do now have volunteers to transport luggage: Sue Worthington to collect bags Thursday 6pm at The Craft Centre, Ruthin and take them to Porthmadog on Friday. Charles Williams will then take bags to Conwy, then back to Ruthin on Sunday. Please keep luggage to a minimum using small soft cases as it all needs to fit in a car!

The route is over 3 days and each day will have a detailed route finalised nearer the time (Distances approximate).

Day 1 Rhuthun to Porthmadog 77/45 miles Premier Inn [https://www.premierinn.com/gb/en/hotels/wales/gwynedd/porthmadog/porthmadog.html]

Day 2 Porthmadog to Conwy 91/53 miles YHA Conwy [https://www.yha.org.uk/hostel/yha-conwy]

Day 3 Conwy to Ruthin 66/37 miles

Individuals are responsible for booking their own accommodation.

Note that due to safeguarding everyone needs to show photo ID (driving license probably easiest) for the YHA. If you do not have photo ID they will not allow you to stay.

The mileages are tailored to our accommodation and rest stops. Members can choose which route to take each day with a ride leader for each group. RideWithGPS routes will be shared nearer the start date.

The groups will look to socialise in the evenings, and possibly lunchtimes where they have stopped at the same location.

Self-supported – means…

The event is a challenge, an endurance event and organised at a time of year that has longest daylight hours. It is not a race. It is not an Audax and outside help **is** permitted.

There is no entry fee. Accommodation and all food etc costs are the responsibility of each participant.

There is no support vehicle planned and riders may need to carry their own clothes etc. for both on and off the bike (though see transport arrangements above), though not bedding or towels.

Start time is up to individual groups, as are lunch and coffee stops, but groups should set off and stay together.

Each rider will be responsible for their own route navigation and bike maintenance. GPX files or RideWithGPS links will be issued prior to the event to be downloaded to your navigation device. Please make sure your bikes are in good order before starting the tour. That dodgy gear change, patched up tyre or slightly buckled wheel will not repair itself and it could cut your tour short.

We will ride in small groups, and its important that any one individual is not left behind, unless he or she requests to ride solo and the Ride Leader agrees. We will agree groupings for similar abilities before the event.

There will be opportunities to regroup at stops, and there will be no restrictions on anyone's stop time, as recovery for every rider is personal: hence the need for own map navigation.

A backup plan for Bike and Rider recovery in case of breakdown is advisable for every participant. There is no organised "broom wagon" or support van, though individuals may organise their own.

Risk Assessment

This is a version of the Club's standard Club Ride Risk Assessment *modified for a multi-day tour*.

Hazard	Existing Control measures	Risk	Action +	Notes
General	*Club "Riding as a Group" guidelines*		On Website and in Welcome Pack	All
	Ride Leaders attended courses run by CyclingUK or internally		Riders have personal responsibility for their safety and that of others	Leader
	Pre-ride briefings		Ride leader prompt card	Leader
Insurance	Club affiliated to British Cycling and CyclingUK *for 3rd party risks only*		*Covers the Club and officials acting in their roles. Members advised to take out personal insurance via BC, CUK or other*	
Adverse Weather	Cancel ride if Red/Amber weather warnings in place	H	Riders advised they go out at their own risk	Planner
	Re-route if Yellow warning *or conditions are deemed unsafe*	M	Pre-ride briefing*; appropriate clothing, sun-cream, water etc.*	Planner Leader
Mechanical failure, minor	Riders advised to carry puncture repair kit, 2 inner tubes, chain link *and service bike pre-event.*	M	Pre-ride check. *Ride in groups so* other riders can assist as needed. Pothole etc warnings	All
Bike unrideable	Route on good surfaces	M	Call emergency contacts	All
Rider Exhaustion	Regular rides of similar difficulty. Riders advised to carry water/food. Cafe stops	L	Re-route. Call emergency contact	Leader
Getting Lost	*Routes pre-published as GPX. In area known to some riders. Riders asked to carry navigation computer*	L	Keep group together. Count riders regularly. *WhatsApp group/phone*	Leader
Losing a rider	Back marker appointed	M	Count riders at junctions/summits	Leader
Late for cafe/finish	Early start *in summer* so plenty of daylight	L	Phone cafe/*hotel/other rider* ahead. *Carry contact details*	All
Minor accident/injury	Helmets mandatory. Leader *to* carry 1st Aid kit and riders advised to do so.	L	Warnings of potholes, steep descents etc. *Ride in groups. Know who is a 1st Aider*	Leader
Major accident	Riders asked to store ICE in phone. Also visibly on phone, helmet or bike. Ride Leader training.	H	Keep all safe from traffic. Call ICE, Ambulance as needed. Identify 1st Aider/medic. *Alert other riders via WhatsApp.*	Leader 1st Aider
Walkers, horses	Riders told to give audible warning of approach		Leader to slow ride down	All
Cars	Riders told to allow cars to pass where safe		Single or double up. Leave large gaps to let cars overtake smaller tight groups of riders	All
Busy roads	Plan to avoid. Wear bright clothing. Carry lights.		Ride in small, tight groups.	All

Pre-ride Briefing notes

Briefing to be carried out **prior** to the start each day, by the Organiser or, if in separate groups, the designated “leader” of each group. Early enough that any issues can be resolved.

Daily check to cover:

- Is everyone present? Do you know who you are riding with and who is the Leader?
- How is everyone feeling? Injuries, sunburn, aches/pains, tiredness?
- Weather update – is rain, wind or sun likely! Has everyone packed/dressed appropriately?
- Route? Remind everyone of the route and coffee stops? Any notable hazards, bail-out options? Does route need to be re-planned due to road closures, weather, fatigue etc?
- Devices. Are phones/Garmins fully charged? Day’s route loaded? Lights charged.
- Quick bike check – tyre pressures, brake wear/operation, bearings/gears working? SPD cleats tight? Lights? Luggage secure?
- Kit check – spare inner tubes replaced after a puncture etc. Rain jacket, arm warmers, hat?
- Other essentials – Water bottles full, snacks, sun-cream.
- Riding discipline – keep in small, tight groups especially on busy roads. Be courteous to other road users.

Pre-event checks

- Who are carrying the 1st Aid kits? (see below for recommended contents)
- Are ICE contact details on everyone's phone and visible?
- Has everyone filled in/recorded the Medical Conditions form and are carrying it if necessary? Opportunity to share any important information (eg if on anti-coagulants, allergies etc).

Kit essentials list

Bike maintenance, mandatory

Pump
2 of inner tubes
Inner tube patches
Tyre levers
Multi-tool (capable of releasing wheels and general bolts)

Bike maintenance/spares, recommended

Quick-link for chain (correct speed!)
Chain breaker
Hanger for rear derailleur
Cable ties, Duct Tape
Gear/brake cables
Spare brake pads/rubbers
Battery charger (electronic groupsets) in luggage
“Slime” for tubeless tyres

Riding Clothes, protection: worn or kept handy

Rain jacket, Gloves, Arm warmers
Sun cream, Chamois cream
Cash, Debit card and **Photo ID** (eg driving licence)

Food/water

Two water bottles, preferably one with hydration tablet/powder
Gels/Muesli bars or similar snacks

Safety, navigation

Carry mobile phone, and bring charger/cables for overnight use.
Attach and use lights. Take spare batteries/charger/cables for overnight use.
Carry a navigation device (Garmin/Wahoo etc) mounted on handlebars with route & maps stored on it. Bring your charger!
Carry a USB power pack and appropriate cables for charging electronic gears; and button batteries for the shifters if used.

First Aid kit, carried by a rider in each group

- Plasters/blister plasters
- Dry dressing, sterile, large
- Bandage, non-allergenic tape
- Steri-strips
- Antiseptic wipes/cream
- Insect bite cream
- Emergency blanket

The following may also be carried but may only be self-administered or given under medical instruction:

- Antihistamines (in case of allergic reactions to stings etc)
- Aspirin (for use if chest pains occur)
- **Individuals to carry any medicines they regularly or occasionally take including Paracetamol etc., Epipen, Inhaler, GTN etc if normally carried/used**

Contact Form

Rider	Mobile	Emergency Contact / Support Crew	Contact Mobile	Long/short route?
*Jonathan Latham				Long
David Baugh				Long
Andrew Morse				
Phil Doyle		Susannah Worthington		
Ant Simmons				
Vicky Hinstridge				Long
Rob Edge				
Emyr Roberts				Long
Lowri Evans				Short
Simon Price				Long
Sally Cunliffe				
*Merian Denning				Short
		Charles Williams		n/a

* = 1st Aider

Medical Information, confidential

Please fill in this section, laminate it or use a plastic bag, and carry on your person where a medic could easily find it. The ride organiser will hold the medical details and maintain their confidentiality only releasing such as required in a medical emergency. ***(Jonathan's details filled in as an example – please replace with your own!)***

Name	Mobile	Contact	Contact Mobile

Allergies (including plasters, latex, anaesthetic, insect bites/stings, foods eg nuts). Or “None” as applicable.	
Current Medical Conditions	
Medicines currently being taken (especially anticoagulants, blood pressure or others that may interact)	
Any other **recent medical history** or other problems the medics may need to be aware of (Pacemaker, stents, artificial joints...)	
Blood group (only if you are certain)	

Accommodation, Clothing etc

Accommodations have been contacted via email and are aware we are staying as a group. Premier Inn will try and book us all on the ground floor and we can take clean bikes to our rooms. Please do not use any oil or anything else in the rooms or you may have to pay a cleaning charge. YHA have a secure storage facility for bikes which is a conference room so again a clean room. Jonathan will have cleaning rags should you wish to wipe down your bike before going into the accommodations.

The first night is at the Premier Inn in Porthmadog (118, Britannia Terrace, Porthmadog LL49 9AW, just over The Cob, 01766 800523). Bedding, towels, soap provided as usual. You will need to have booked your accommodation beforehand, sharing as you wish. Bikes are stored in your room overnight. Breakfast is available (pre book or bookable on arrival) and you may wish to eat dinner in the hotel or elsewhere in Porthmadog, approximately 2 minutes walk away.

The second night in Conwy is in a YHA Hostel (YHA Conwy, Sychnant Pass Road, Larkhill, Conwy, LL32 8AJ, 0345 3719732). Bedding, towels (£3.50), provided as usual. You will need to have booked your accommodation beforehand, sharing as you wish. **Note that due to safeguarding everyone needs to show photo ID (driving license probably easiest) for the YHA. If you do not have photo ID they will not allow you to stay.** Bikes are stored in a dedicated secure bike store overnight with no access from 10:00 to 07:00. Breakfast is available from 07:30 (pre book or bookable on arrival) and you may wish to eat dinner in the hostel which has a bar, or elsewhere in Conwy approximately 15 minutes away, downhill (steep uphill return!).

You will need to carry cycling clothes for the 3 days, though you should be able to wash them overnight. Drying is not always very reliable though! And be prepared for changeable weather!

Don’t forget to pack hydration tablets for the whole trip, and possibly some extra snacks in case you cannot buy your favourites en-route.

Evening clothes, underwear, shoes and sleeping clothes will be needed, but keep it to a minimum as you are carrying it all! Crocks/sandals are lightweight…

You will also need personal hygiene stuff – up to the individual (and whoever you are sharing with!).

Pack any medicines and supplements you regularly take or might need (Paracetamol, Ibuprofen, EpiPen, Inhaler, GTN etc).

Earplugs are recommended if you are sharing a room!

Carrying your gear

I recommend using handlebar, frame and behind-seat bags, rather than panniers, for better weight distribution and lower wind resistance, but that is up to you.

Do test your luggage arrangements before the trip on a longish, hilly ride though, with **all** the kit you intend to carry - you may find you wish to remove some items!