



Ground Rules

Please keep for your own reference

- ★ Maintain the ethos of CYCALL rides being fun and inclusive
- ★ Use the bikes safely and sensibly at all times
- ★ Have utmost consideration for other users of Worthing Promenade
- ★ Use your brakes to stop (not your feet)

Helmets

- ★ Wear a helmet that fits snugly and comfortably around your head (the helmet should sit low on the forehead, so the brim is a finger's width above the eyebrows)
- ★ Leave room for 2 fingers between the strap and the neck
- ★ Ensure that the helmet conforms to one of the following standards ; CE Mark BSEN1078 (adults) BSEN1080 (children)

After the CYCALL ride

- ★ Inform a ride leader if there is a fault with the cycle

Guidelines for Care-Givers/Support Workers/Group Leaders

CYCALL relies on the cooperation of care-givers accompanying a participant to make CYCALL rides fun and safe for everyone. We actively encourage you to cycle with your participants.

Please ensure that you:

- Allocate enough people to support a participant fully
- Inform a ride leader to any challenging behaviour which may put them and others at risk, as soon as you arrive
- Supervise and remain responsible for your participant(s) during your ride
- Assist participant in their preparation for outdoor physical activity ensuring clothing will not catch on chains and wheels
- Ensure the participant has suitable clothing for the weather (suncream, gloves, hats, coats, waterproofs)
- Please do not take photos of any other participants who are not in your group

Many Thanks from the CYCALL team and enjoy!

CYCALL TERMS & CONDITIONS

1.The following requirements are essential for your safety :

- Please ensure that you enter the correct weight on your registration form
- If you have a visual impairment please ensure that you are accompanied on your CYCALL ride

You should consult a doctor before participating in a CYCALL ride if:

- You have a medical condition that causes/could cause seizures or convulsions; or that affects/could affect your memory, level of consciousness or alertness, balance, mood or anxiety level



→ You have a history of back problems or spinal conditions

Learning Difficulties or developmental conditions :

Participants must be accompanied by a care-giver if they have a learning difficulty or developmental condition which would impair their ability to safely use a cycle, identify and avoid hazards and to react to changes in the surrounding environment.

**CYCALL reserves the right to request a GP's letter of confirmation that a participant is suitable to take part in a CYCALL ride*

Under 18's will be required to have an adult with them at all times.

Participants must be over the age of 7 years old.

***CYCALL ride leaders are unable to make decisions on the suitability of a participant's safe use of a bike depending on their medical/health conditions. It is the participants/care-givers/group leaders responsibility to ensure that they have the ability to safely use the bike and are able to remain seated in a safe cycling position.**

- I understand that I am responsible for my own safety and will have regard for the safety of other people
- I understand that I will only cycle within the designated area (see attached map)
- I agree to note potential hazards that ride leaders bring to my attention and that cycling conditions may change depending on the weather
- I will carry a working mobile phone and follow any safety instructions given to me by the ride leaders
- If under 18 I will be accompanied by a parent, guardian or care-giver at all times
- I understand that I am only covered by CYCALL's Third Party Insurance if I strictly abide to the Ground Rules and Terms & Conditions
- I agree not to participate if I am under the influence of drugs or alcohol or medication which could cause impairment and affect my ability
- I agree to ask for any adjustments to the bike to be made by a CYCALL ride leader only
- I agree not to hang anything on the bike i.e.handlebars or armrests
- I will not let anyone else use the bike, carry passengers or animals or be in control of a pet on a lead
- I agree not to leave the bike unattended unless it is secured using the lock provided by CYCALL and I have removed the key and it is not causing an obstruction
- I agree to pay the full cost of any necessary repairs resulting from MISUSE of the bike



- I accept that there may be an element of risk in all activities, but am satisfied to proceed with the session