



## **CYCALL**

Inclusive Cycling, Brooklands Park, Worthing, West Sussex

Welcome to CYCALL

The welcome pack includes;

- Ground Rules
- Location Maps
- A Cyclist Registration form
- A Declaration accepting CYCALL's Terms and Conditions (ALL participants to sign)

Thank you for booking an inclusive cycling session with CYCALL. Your CYCALL ride will take place at Brooklands Park, Worthing. Please see the attached map to find out where to meet us. There is Blue Badge Parking and Disabled Toilet facilities. Please bring with you a 'Cyclist Registration Form' for the main participant.

### **What to bring with you-**

- Clothing suitable for cycling-long sleeves and trousers are good for protection but please ensure they are not too baggy!
- The sunny weather (!), a hat and sunscreen
- Waterproofs and warm clothes
- Any medication that is required by the participants
- Closed toe shoes-no flip flops or sandals
- Laughter and smiles!
- A helmet (see ground rules) We have a limited number of helmets, please advise us if you need to borrow one
- Refreshments

**We will supply - bikes, basic first aid kit, risk assessments for the ride** (it is the responsibility of the group leader to provide a risk assessment for travel to and from Brooklands Park, Worthing)

### **Group Participation & Parent/Carer Responsibilities**

In loco parentis shall remain the duty of parents/guardians/caregivers at all times during CYCALL rides. Discipline, conduct and pastoral care will be the responsibility of the above accordingly. Brooklands Park is a shared use space and it is essential that participants display appropriate behaviour with respect for the other users of the Park. CYCALL reserves the right to withdraw use of the bikes to groups or individuals who are displaying behaviour which could prove hazardous to the individual, group or members of the public.

**It is the responsibility of the group leader to ensure the correct Local Authority ratio of staff. CYCALL ride leaders will be in addition to these ratios.**



CYCALL will provide a basic First Aid Kit, however, the prime responsibility for administering First Aid remains with the parents/guardians/caregivers. Please advise a CYCALL ride leader immediately of any incidents or accidents.

We look forward to seeing you and hope you enjoy the wind in your hair and the sun on your face during your CYCALL ride.

The CYCALL team

Please contact us on 07784918122 with any queries. This will be our contact number on the day.

