

## HEALTH AND SAFETY POLICY

All riders must be 12+ years old and approximately 150 CM or taller.

Bay Bikes Original has endeavoured to maintain the safety of the Ride by providing instruction, helmets that are Australian standard approved and 3 sizes available (mandatory); high-vis vests; and by ensuring all E-Bikes have front and back light, are well maintained and are otherwise in good condition.



However, we require your co-operation to maintain the safety of your Ride, by you agreeing to:

- obey all safety rules, including all Victorian road rules and specific bike rules, including, but not limited to those regarding phone use. The Victorian road rules for E-Bikes can be accessed [here](#);
- obey our instructions;
- wear your helmet at all times;
- not change any E-Bike default settings;
- always lock the E-Bike when parking; and
- not engage in any anti-social, intoxicated, disorderly, aggressive, offensive, inappropriate, discriminatory or dangerous behaviour.

We also require your co-operation in relation to health and safety. It is your duty to ensure you are in good physical health skill and physical fitness, have no health problems that would make bike riding unwise, and stop participating if you are uncomfortable, and call us. We may, at our sole discretion decide that you are not fit to ride an E-Bike. This could be where we consider that you are not of sound mind, or of sufficient physical fitness, or where you are not within the height and weight restrictions, where we consider that you do not know the road rules of VIC or any other reason.

If you consider that someone is breaching the Health and Safety Rules, please notify our staff so that we can address the issue immediately.

## EMERGENCIES

In case of an emergency, you authorise us to:

- Administer emergency first aid and/or CPR were deemed necessary;
- Secure emergency medical care or transportation where we decide it is necessary;
- Seek any medical attention, treatment, surgery or administration of drugs by qualified and licensed medical personnel.

You further agree to assume all costs of emergency medical care and transportation.

**Our E-Bike instructors and staff are not medically trained and are not qualified to assess whether you are in good physical condition and/or whether you can engage in bike exercise without any detriment to your health, safety, comfort or medical conditions.**