



CYCLE WITHOUT LIMITS GROUND RULES

1. Use your brakes to stop (not your feet, not a fence).
2. Check it is safe to ride before starting. Look out for people, objects or walls that might be in your way!
3. One-way cycling along the designated circuit only.
4. Everyone is responsible for socially distancing and must maintain at least 1m distance from others at all times (excluding people from the same households / bubble).
5. Riders / carers are responsible for ensuring all participants use hand sanitiser before using the cycles.
6. You are required to put yourself onto / off the cycles. The staff and volunteers will give you full instructions, but due to COVID-19 restrictions our staff / volunteers cannot physically help you, or be within 1m of you. If you need help to get on / off a cycle, please ensure you bring a support worker / family member who can help you.
7. If we find that ground rules are not observed to our satisfaction, we reserve the right to ask participants / carers to leave the track for the session.
8. All participants under the age of 18 must be accompanied by an adult.

HELMETS

We ask that helmets are worn during your cycle session for your own safety, however they are not mandatory. If you would prefer not to wear a helmet, please speak to one of our instructors. A helmet should:

- Fit snugly and comfortably around the head.
- 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.

If you are unsure, please check with one of our cycle instructors or volunteers.

AFTER CYCLING

1. Riders / carers are responsible for ensuring they wipe down all 'touch points' on cycles at the end of their ride with the sanitising wipes provided.
2. Leave cycles safe and ready for the next participant to use.
3. Inform a Move More member of staff or Cycle Without Limits volunteer if there is a fault with the cycle.

GUIDELINES FOR CARERS AND SUPPORT WORKERS

Cycle Without Limits relies on the cooperation of carers and support workers to make cycling fun and safe for everyone. We actively encourage you to cycle with your participants.

YOU WILL BE EXPECTED TO:

1. Ensure that there are enough of you to support the participants you bring.
2. Alert our staff to any challenging behaviour or medical condition that may put them and others at risk, as soon as you arrive.
3. Supervise and remain responsible for your participant/s during your visit.
4. Assist the participant in their preparation for outdoor or indoor physical activity, (depending on venue), ensuring clothing will not catch on chains or wheels.
5. Support the participant onto / off cycles (please note that due to COVID-19 restrictions, our staff / volunteers cannot physically support participants onto / off the cycles).
6. Please bring suncream / hats in summer and hats / gloves / coats in winter.
7. Do not take photographs without prior consent from the Move More Jersey staff members.
8. Please ensure that participants bring any snacks, refreshments or medication that they may need during the session.
9. Ensure that your participants observe the ground rules above.

**MANY THANKS AND
HAPPY CYCLING!**



JERSEY'S INCLUSIVE CYCLE CENTRE