



Wheels for All Oxford

Session Guidelines

January 2023

A consent form should be completed for each *new* participant prior to attending a session. Please note attendance at a session is treated as acceptance of these terms:

1. We (the participant, parent and/or the carer) understand and are happy that the sessions will be led by experienced cycle trainers assisted by volunteers.
2. We are aware that the leaders/volunteers offer us guidance, advice and support with regard to cycling and cycling related matters.
3. We agree that there is an element of risk in all activities but we are happy to proceed with the session.
4. We understand that the carer or parent is responsible for the care and supervision of the participant.
5. Cycle helmets are available which we may choose to use or not use and that we participate at our own risk.
6. Should anyone's behaviour be endangering the safety of themselves or others, they will be asked to leave.

Payment

Please pay in advance via bank transfer for your booked slot (£3 contribution per participant). You may also book for a block of sessions. **Please send payment to our Lloyds bank account. Account Name: Wheels for All Oxford: Sort Code 30-90-99, Account No. 30906268 (please quote the participants name as the reference).** Please note that the £3 contribution cannot be paid in cash.

The consent form and payment for a new participant must be received by midday on the day before the session otherwise they will not be able to cycle.

Coming to a session:

We run booked time slots (typically 10am, 11am and 12 – depending on the time of year). Please do not come to a session unless you have a confirmed slot as you will not be allowed to cycle.

Participants and volunteers should park in the main car park unless they are unable to walk from there or cannot get under the height bar. Only those who need to should park by the gates to the athletics track.

Please bring your own helmet if you have one. We also have helmets we can lend to you for the session.

Please try to arrive at the time that you have booked and confirm your arrival with the person on the gate.

Carers are responsible for the participants in their care and should closely supervise them at all times and preferably cycle around with (or near) them or keep a very close eye on them from the trackside. They should also deal with any minor mishaps and first aid requirements. When tandems and side-by-side cycles are used, the carers should be capable of cycling these with the participant (with or without e-assist). Please note it is not possible to book a specific cycle and priority for the e-assist cycles will be given to participants who benefit from this to help them to cycle.

Please do not congregate around the entrance to the track and please keep out of the exclusion zone around the cabins.

Please note that smoking (including vaping) is not permitted within the perimeter fence of the athletics track (nor near the entrance gate).

Covid (and other virus)

Many of our participants are vulnerable, so please do not attend if you have any symptoms or think you might be infectious.

Hand sanitiser is available for you to use as well as sanitizer for the cycles if you wish to clean them before or after use. We also have PPE if required, eg in a first aid emergency.

Your co-operation in following these guidelines is greatly appreciated and helps ensure the sessions can be run safely for all our participants and volunteers. To maintain the safety of others, anyone not following the guidelines may be asked to leave the track.

The Wheels for All Oxford Team

www.wfaoxford.org