

Cycling for All Registration – Easy Read

(for people coming independently or with family and friends)

Cycling for All exists to get disabled people cycling. We welcome the involvement of all family members and want everyone to have a fun and safe time.



This form is for participants who come with their family, friends or by themselves.



If you are part of a group, please ask for a different form.



Before going on the track you must read and agree to the track rules. If you don't agree, don't ride.



Please write clearly. We print out a Register to use at sessions. If you need help to fill in this form you can ask a parent, friend or support worker.



CFARegistrationInd5EasyRead



If you have any queries please ask session staff or



Janet Paske at Wheels for Wellbeing



020 7346 8482



janet@wheelsforwellbeing.org.uk

Wheels for Wellbeing (WfW) complies with the Data Protection Act 1998. All our data is collected for a purpose e.g. to provide participants with updates eg if there is a cancelled session, to help us plan services.

WfW will not make your personal details available to other organisations without consent from you.

Wheels for Wellbeing

A company limited by guarantee registered in England and Wales No 06288610

Your Contact Details



My name
is

Your name

.....



Your home address

.....

.....

Postcode.....

Borough.....



Your telephone number

.....



Your Email address (for updates, e.g. Session being cancelled)

.....

Would you like to hear about **Wheels for Wellbeing** news?



Yes



No

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If yes, how would you like to receive this?



Email



mail

How did you hear about Cycling for All?

.....



We like to use photos of people cycling, for example in news articles and on the internet. We will not sell your photo or make it available to 3rd parties without your express permission. Can we use you photo like this?

Yes or No

Emergency Contact Details



If you are attending independently, please provide details of an emergency contact:



Name

.....



Address

.....

.....

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Telephone number

.....



Their relationship to you (for example your mum, dad or support worker)

.....

If someone is going to come with you, please give the names of all adults who may accompany you (use more space as needed).



Person 1



Name

.....



Email (for updates, e.g. Session being cancelled)

.....



Their relationship to you (for example your mum, dad or support worker)

.....

Person 2



Name

.....



Email (for updates, e.g. Session being cancelled)

.....



Their relationship to you (for example your mum, dad or support worker)



.....

INFORMATION FOR OUR FUNDERS AND TO HELP US PLAN

Please answer the following question by ticking just one box like this:

p

1. Gender - Are you male or female?

Male		<input type="checkbox"/>
Female		<input type="checkbox"/>

2. Date of birth (date, month, year)

This is when you were born -



3. Primary impairment

This is about what disability you have



Learning difficulty	<input type="checkbox"/>	Physical impairment	<input type="checkbox"/>
Mental health issues	<input type="checkbox"/>	Hearing impairment	<input type="checkbox"/>
Autism / other challenging behaviour	<input type="checkbox"/>	Visual impairment	<input type="checkbox"/>
Other (please specify)	<input type="checkbox"/>		

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4. Ethnic origin

Ethnic means your race or culture

Origin means where your family comes from



White - British	<input type="checkbox"/>	Asian/ Asian British – Indian	<input type="checkbox"/>
White - Irish	<input type="checkbox"/>	Asian/ Asian British - Pakistani	<input type="checkbox"/>
White - Portuguese	<input type="checkbox"/>	Asian/ Asian British - Bangladeshi	<input type="checkbox"/>
White - Other	<input type="checkbox"/>	Asian/ Asian British - Any other Asian	<input type="checkbox"/>
Mixed - White & Black Caribbean	<input type="checkbox"/>	Black or Black British - Caribbean	<input type="checkbox"/>
Mixed - White & Black African	<input type="checkbox"/>	Black or Black British - African	<input type="checkbox"/>
Mixed - White & Asian	<input type="checkbox"/>	Black or Black British - Other	<input type="checkbox"/>
Mixed - other	<input type="checkbox"/>	Other Ethnic Groups - Other	<input type="checkbox"/>
		Not answered	<input type="checkbox"/>
		Not known	<input type="checkbox"/>

Declaration

I understand, and I am happy, that the sessions will be led by experienced and qualified cycle trainers;



I am aware that they will offer me guidance, advice and support with regard to cycling and cycling related matters.



I have read and agree to the ground rules and so have any of the people listed above who accompany me.



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



Sign

Print name



Date



If signing on behalf of someone else, please indicate your relationship with them (Parent, guardian, appointee)

.....

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PLEASE DETACH

Ground rules



Before going on the track you must read and agree to these terms and conditions of track use, to the best of your ability. If you don't agree, don't ride.

- Parents/ carers/ support workers remain responsible for those in their care.



- Children must be supervised to use the cycles.



- You ride at your own risk



- The track is one-way only



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- No U turns are allowed



- Do not ride any cycle unless you know about the brakes and gears.



- Ask an instructor if you are not sure.



Can you help me please?

- Please ride considerately at all times.



- Use the bell and your voice to tell others where you are.



I am over here



PLEASE DETACH AND KEEP

- Do not take a passenger unless the bike is designed for it and you have had specific instruction.



- When you are finished with a cycle, please leave it off the track, lined up with the other cycles and pointed in the direction of cycling.



- Please point out immediately any problems with your bike.



- Please respect our cycles. They are very expensive to repair and it is a shame to deprive others of the chance to ride them.



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Getting ready to cycle

Wearing a cycle helmet

The protection a helmet provides depends on a good fit. It may be better to wear no helmet than an incorrectly fitted helmet.



A helmet should:

- Fit snugly and comfortably around your head
- Sit low on your forehead, so you can see the edge of the brim when you look up
- Have no slack in the straps

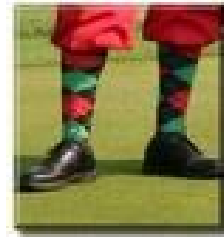
If you're not sure whether a helmet fits, ask a member of session staff.



Can you help me please?

Other things to think about

- Tuck in any trousers or long skirts to keep them away from chains and wheels



- Wear shoes with at least a little grip so your feet don't slip on the pedals



- Keep hair out of your eyes while cycling, tie your hair back



- Most cycles do not have racks so you will not be able to carry your bag whilst cycling, leave it at home or the office



Wheels for Wellbeing

- cannot take responsibility for lost or stolen possessions.

I have lost my bag!



Any questions about cycling?



Ask a member of session staff. They are there to help everyone enjoy the benefits of cycling.

Want to check if a session has been cancelled?

Typically, we cancel if there is poor weather or if we are short of staff.



On the day you could call –



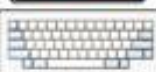
Arena office on 020 8654 3462

Or **Wheels for Wellbeing** staff on the Arena mobile on 07806 334 770.

Please call no more than 15 minutes before a session is due to start so staff have a chance to make a decision.



For Arena Cycling updates, join the mailing list by emailing Janet at - janet@wheelsforwellbeing.org.uk



www.cyclingforall.org contains more information about the project.



Charges

We charge £3 for each disabled person coming to a session. This covers advice and the use of the cycles, entry for a support worker where needed, and the £1 collected for the use of Croydon Sports Arena. If you are a member you will only need to pay £2. Anyone else coming with you who is aged 10 or more will be charged £1.

Croydon Sports Arena membership

Croydon Sports Arena provides a membership scheme for people attending cycling sessions. From April 2008 participants will be able to buy 6 monthly/ annual membership to the Arena for £8.50/ £17. You will need 2 passport photos.



Contact Scott Hart 020 8654 3462 or one of his team in the Arena office for the application form.

Want to support us?

We receive no statutory funding for this project and all money has to be fundraised.



If you would like to make a donation or offer to volunteer then please contact



Janet Paske at janet@wheelsforwellbeing.org.uk



or call her on 020 7346 8482.