

PLEASE KEEP



## **Cycling for All Registration – not Easy Read**

(for people coming independently or with family, 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 and friends or by themselves. If you are part of a group, please ask for a different form. This is also available in an Easy Read format.

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

### **What to do with this form**

Keep the front information pages.

Please write clearly. We print out a Register to use at sessions. If your writing is not legible and staff cannot find you on the list, you will need to provide this information again.

Ensure the form is signed.

If you have any queries, please ask staff or contact Janet Paske on 020 7346 8482 or [janet@wheelsforwellbeing.org.uk](mailto:janet@wheelsforwellbeing.org.uk).

### **Data Protection**

Wheels for Wellbeing (WfW) complies with the Data Protection Act 1998. All our data is collected for a purpose e.g. to provide participants/ supporters with updates eg if there is a cancelled session. WfW will not make your personal details available to other organisations without consent from you.

CFARegistrationInd5NotEasyRead

***Wheels for Wellbeing***

Charity number 1120905. A company limited by guarantee registered in England and Wales No 06288610.

## **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.

- For people not attending independently: parents/ carers/ support workers remain responsible for those in their care.
- No unsupervised children are allowed to use the cycles.
- You ride at your own risk and the track supervisors are in charge.
- The track is one-way only - no U turns permitted.
- Do not ride any cycle unless you know about the differing braking and gearing systems and/or unexpected riding characteristics. Ask an instructor if you are not sure.
- Please ride considerately at all times.
- Use the bell and your voice to tell others where you are.
- 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.

## 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.

### *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. Do you need to tie it back?
- Most cycles do not have racks so you will not be able to carry your bag whilst cycling. Can you leave it at home or the office? Wheels for Wellbeing cannot take responsibility for lost or stolen possessions.

## Charges

We charge £3 per disabled person to come to sessions; this covers use of the cycles and advice for the disabled person and their support worker, where appropriate, and the £1 cost for the use of the track. If you are an Arena member it will only cost £2 to come to sessions. Any additional person aged 10+ attending with a disabled person 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 a 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.

## ***Wheels for Wellbeing***

## Any questions about cycling?

Want to know about London cycle maps or what rides are happening? Whatever the question, ask a member of session staff. They are there to help everyone enjoy the benefits of cycling.

## Session times

Current session times are:

	Cycling for All
Saturday	9.45 – 12.45
Monday	10.15 – 1.15

## Want to check if a session has been cancelled?

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

If you want to find out on the day, try the Arena office on 020 8654 3462 or, failing that, the Wheels for Wellbeing Arena mobile on 07806 334 770 which should have a recorded message. Please call no more than 15 minutes before Cycling for All is due to start so staff have a chance to make a decision. Do not leave a message as calls cannot be returned.

To be kept informed of Arena Cycling Projects updates, including if we have to cancel a session in advance, email [janet@wheelsforwellbeing.org.uk](mailto:janet@wheelsforwellbeing.org.uk) to be added to the mailing list. [www.cyclingforall.org](http://www.cyclingforall.org) contains more information about Cycling for All.

## Want to support us?

We receive no statutory funding and all money has to be fundraised. The £1 collected by session staff from each disabled person is paid to Croydon Sports Arena for use of the track.

If you would like to make a donation you can visit [/www.justgiving.com/wheelsforwellbeing](http://www.justgiving.com/wheelsforwellbeing) or if you would like to offer to volunteer then call Janet Paske on 020 7346 8482 or visit [www.wheelsforwellbeing.org.uk/index.php/volunteering/](http://www.wheelsforwellbeing.org.uk/index.php/volunteering/).

## **Wheels for Wellbeing**

**CONTACT DETAILS**

PARTICIPANT NAME .....

PARTICIPANT'S ADDRESS .....

.....

POSTCODE.....

BOROUGH.....

TELEPHONE NUMBER .....

EMAIL ADDRESS [this will enable you to receive Arena Cycling Project updates eg if sessions are cancelled in advance].....

Would you like to hear about other Wheels for Wellbeing news? Yes/ No

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, in annual reports, during presentations and on our website. We will not sell your photo or make it available to 3<sup>rd</sup> parties without your express permission. Can we use your photo on this basis? Yes/ No

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

NAME .....

ADDRESS.....

.....

TELEPHONE NUMBER.....

RELATION TO YOU .....

If being accompanied, please give the name of all adults who may accompany you (use more space as needed).

NAME (1).....

Email [this will enable you to receive Arena Cycling Project updates eg if sessions are cancelled in advance].....

Relation to participant: Parent/ Guardian/ Carer/ Supporter/ Other (please specify)

NAME (2).....

Email [this will enable you to receive Arena Cycling Project updates eg if sessions are cancelled in advance].....

Relation to participant: Parent/ Guardian/ Carer/ Supporter/ Other (please specify):

**INFORMATION FOR OUR FUNDERS AND TO HELP US PLAN**

Please ring as appropriate.

<b>Gender</b>	Male	r
	Female	r

<b>Date of birth</b> (date, month, year)
--

<b>Primary impairment</b>			
Learning difficulty	r	Physical impairment	r
Mental health issues	r	Hearing impairment	r
Autism / other challenging behaviour	r	Visual impairment	r
Other (please specify)	r		

<b>Ethnic origin</b>			
Asian/ Asian British - Indian	r	Asian/ Asian British - Pakistani	r
Asian/ Asian British - Pakistani	r	Asian/ Asian British - Bangladeshi	r
Asian/ Asian British - other	r	White - Irish	r
White - Portuguese	r	White - Other	r
White - British	r	Mixed - White & Black	r
Mixed - White & Black African	r	Mixed - White & Asian	r
Mixed - other	r	Black or Black British - Caribbean	r
Black or Black British - African	r	Black or Black British - Caribbean	r
Black or Black British - Other	r	Other Ethnic Group	r
Not answered	r	Not known	r

I understand 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.

I have read and agree to the ground rules, as have 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.

Signed .....

Print name ..... Date .....

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