

Bikes in the Park Registration – Easy Read

(for people coming independently or with family and friends)

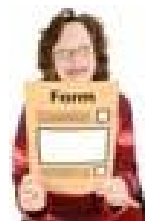
Bikes in the Park exists to get disabled people cycling. We welcome the involvement of all family members and want everyone to have a fun and safe time.



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



If you are part of a group or with someone who is employed by another organisation, please ask for a different form.



Before cycling with us you must read and agree to the ground 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.





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.

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

If yes, how would you like to receive this?



Email



mail

How did you hear about Cycling for All?

.....



Emergency Contact Details

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



Name

.....

Address



.....

.....



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



Female



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

Physical impairment

Mental health issues

Hearing impairment

Autism/ other challenging behaviour

Visual impairment

Other (please specify)

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"/>		
Chinese – Chinese	<input type="checkbox"/>	Chinese – other Chinese	<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)

.....



Ground rules



Before going on the cycles you must read and agree to these ground rules, 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 route is one-way only



- 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.



I am over here

- 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.



PLEASE KEEP

- When you are finished with a cycle, please leave it lined up with the other cycles .
- 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.



Sessions times

- Session times are Fridays from 10am to 12.30.

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.



Any additional person aged 10+ will be charged £1.

- **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:

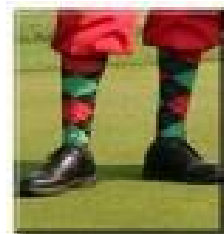
- Fit snugly and comfortably around your head
- Sit low on your forehead, so you can see the edge of the brim when you look up
- Have no slack in the straps

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



Other things to think about

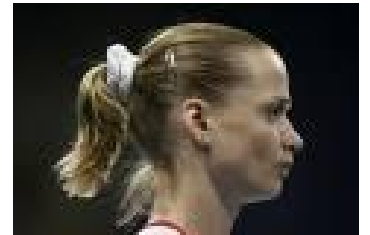
- Tuck in any trousers or long skirts to keep them away from chains and wheels



- 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, 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!



Want to check if a session has been cancelled?



Typically, we cancel if there is poor weather or if an instructor is ill.

On the day you could call



the **Wheels for Wellbeing** staff on the Bikes in the Park mobile on 07578 746 448 .

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



For updates, join the mailing list by emailing Janet at -

janet@wheelsforwellbeing.org.uk



www.wheelsforwellbeing.org.uk contains more information about the project.

Want to volunteer with us?

If you would like to help us do more why not volunteer with us? Please contact Janet on the contact details above.



Any questions about cycling?

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

