

PLEASE KEEP



Bikes in the Park Registration – not Easy Read

(for people coming independently or with family, 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 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 ground rules (see below). If you don't agree, don't ride.

What to do with this form

Keep the front 2 pages.

Please write clearly on the back sheet. 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.

Bring the completed form along to your first session.

If you have any queries, please ask staff or contact the office on 020 7346 8482 or janet@wheelsforwellbeing.org.uk.

Data Protection

Wheels for Wellbeing (WfW) is registered with the Information Commission and 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.

bipRegistrationInd3NotEasyRead

Wheels for Wellbeing

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

Ground rules

Before cycling with us you must agree to these ground rules, 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 they accompany.
- No unsupervised children are allowed to use the cycles.
- You ride at your own risk and the supervisors are in charge.
- The route is one-way only - no U turns permitted.
- Do not ride any cycle unless you know how to make it stop and how to make it go where you want it to. 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 lined up with the other unused cycles.
- Please point out immediately any problems with your cycle.
- 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. If you're not sure whether a helmet fits, ask a member of session staff.

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 room for 2 fingers between the strap and your neck.

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 won't be able to carry your bag whilst cycling. Can you leave it at home? Wheels for Wellbeing cannot take responsibility for lost or stolen possessions.

Wheels for Wellbeing

Session times

Current session times are Fridays from 10 - 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+ attending with a disabled person will be charged £1.

Want to check if a session has been cancelled?

Typically, we cancel if there is very poor weather or if a member of staff is unwell.

If you want to find out on the day, try the Wheels for Wellbeing Bikes in the Park mobile on 07578 746 448 which should have a recorded message. Please call no more than 15 minutes before Bikes in the Park 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 updates, including if we have to cancel a session in advance, email info@wheelsforwellbeing.org.uk to be added to the mailing list. You can also check www.wheelsforwellbeing.org.uk.

Any questions about cycling?

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

Want to volunteer with us?

If you would like to help us do more why not volunteer with us? Please contact Janet Paske at janet@wheelsforwellbeing.org.uk or call her on 020 7346 8482 or visit <http://www.wheelsforwellbeing.org.uk/wfw/index.php/volunteering/> for more information.

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CONTACT DETAILS

PARTICIPANT NAME

PARTICIPANT ADDRESS

.....

POSTCODE.....

BOROUGH.....

TELEPHONE NUMBER

EMAIL ADDRESS [this will enable you to receive 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 Bikes in the Park

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 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 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.

Gender	Male	r
	Female	r

Date of birth (date, month, year)
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Primary impairment			
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		

Ethnic origin			
Asian/ Asian British - Indian	r	White - British	r
Asian/ Asian British - Bangladeshi	r	White - Portuguese	r
Asian/ Asian British - Pakistani	r	White - Irish	r
Asian/ Asian British - other	r	White - Other	r
Mixed - White & Black African	r	Black or Black British - African	r
Mixed - White & Asian	r	Black or Black British - Caribbean	r
Mixed - White & Black Caribbean	r	Black or Black British - Other	r
Mixed – other	r		r
Chinese – Chinese	r		
Chinese – other Chinese	r		

I understand 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).....