

PLEASE READ AND KEEP

Track Rules EcoLocal Inclusive Cycling Sessions

Before going on the track you must read and agree to the terms and conditions of track use, which are on display at the trackside. 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 cycles

- You ride at your own risk



- The track is one way only – no U turns



- Wait for an instructor to tell you which bike to ride

- Do not ride any cycles unless you know how to stop the bike using the brakes



- Please ride considerately at all times

- Look behind you before pulling out onto the track.

- Ride on the inner lanes when passing the cycle parking area

- Do not ride faster than is safe

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



- Do not take a passenger unless the bike is designed for it and you have been told you can

- When you have finished with a bike, please return it to the sanitizing zone.

- Please tell a cycle instructor immediately if you have 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.

- Always listen to the Cycle Instructors and ask for help if you need it.

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 cycle instructor at the session.

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? You are responsible for all your own personal items at all times.

EcoLocal Cycling Sessions cannot take responsibility for lost or stolen possessions

EcoLocal Inclusive Cycling

Coronavirus Covid-19 Code of Conduct for participants

We need you to be safe and keep others safe at the cycling, so please read these rules carefully and let us know that you agree to them.

ILLNESS: Do not attend sessions if you or the person you care for has coronavirus symptoms (fever or continuous cough) or have had symptoms in the last 14 days. Those in vulnerable groups should follow government advice.

SPACE: You must maintain a distance of at least 2 metres (6 foot) between you and anybody else at the cycling sessions unless they are in your household or 'bubble'.

Please follow the Leisure Centre one way system.

If there are too many people at the session we will ask you to wait before entering the cycling area. Groups will be asked to book ahead.

FACE: If our cycle instructors need to assist you/the person you care for to mount or adjust a cycle they will wear a mask, visor and gloves. We would ask that you /the person you care for also wears a mask at this point if they are able to do so.

HANDS: Clean your hands with sanitiser when you arrive. We will provide hand sanitiser but we would ask you to bring your own if possible

PAYMENT: Our preferred payment method is by contactless card. If you have to pay by cash please bring EXACT cash only. Change will not be provided. Please ensure you have the exact amount of cash before you arrive.

HELMETS: We will NOT be lending cycle helmets. If you want to wear a cycle helmet you must bring your own. Please let us know if this is a problem for you.

SANITISING BIKES: All cycles will be sanitised by our staff/volunteers at the beginning of every session and after each participant dismounts. Please ensure you/the person you care for gets off their bike in the designated track exit area so that it can be sanitised. Do not get on bikes unless they are in the 'Clean Bike Area'.

FOOD AND DRINK: You may bring your own drinks but keep it away from other people and shared surfaces at all times. If you need to eat during the session please do so away from our cycles. Do not share your food or drink.

RUBBISH: All used gloves, masks, food/drinks container and other rubbish must be disposed of in Leisure centre bins or taken home.

Information about the EcoLocal Cycling Project

This cycling project is run by EcoLocal, a registered charity based in Carshalton.

Current details about dates and times of the cycling sessions can be found on www.ecolocalcycling.org.uk

Contact us on: 020 8404 1522 or cycling@ecolocal.org.uk

Charges: £5 per person using cycles – card or exact cash. Carers are not charged. Please pay and register at the desk on the track before you use the cycles. Your payment goes straight to the EcoLocal charity where it is used to help cover the cost of the cycling project.

Booking: Groups of 4 or more should book in advance on www.ecolocalcycling.org.uk

What you can expect: EcoLocal Cycle Instructors will be available throughout the sessions to help you to use the cycles. They can be identified by their high visibility 'EcoLocal Cycle Instructor' vests and their badges. Please ask to speak to one of the Cycle Instructors once you have registered to ride. If the session is busy you may need to wait your turn for attention from an instructor, but please make yourself known to the instructor so that they know you are waiting for help.

Other **Volunteers and Trackside Supporters** may be on hand to assist the cycle instructors, available to chat to or accompany you as you cycle round the track. Please note Volunteers and Trackside Supporters have different roles and are not all qualified to help you with the cycles. Please always ask a Cycle Instructor if you are not sure.

Taking turns: You may need to wait to take turns on cycles. If you need a specific cycle and somebody else is using it, and you are not getting a turn, please let the Cycle Instructor know.

Bad weather: Sessions may have to be cancelled at short notice due to snow, heavy frost or occasionally very heavy rain where this makes the track unsafe. We DO NOT cancel sessions in normal rain conditions. Phone the office to check.

Opportunities to get involved: If you are interested in helping at the EcoLocal cycle sessions as a Volunteer or Trackside Supporter please contact Tansy at EcoLocal to see what spaces are available. There are many different roles available, from cycle mechanics, to getting out bikes and welcoming people.

How to make a complaint or compliment: Either speak to one of the Cycle Instructors on the track or contact the EcoLocal office. We will respond within 15 working days.

Safeguarding: EcoLocal has a Safeguarding policy which is available on request. If you experience or see abuse or neglect please either speak to one of the EcoLocal Cycle Instructors (not Volunteers or Trackside Supporters) in confidence. Or phone EcoLocal and ask to speak to Tansy or Trevor.

Data: EcoLocal has a Data Protection policy which is available on request. We store your personal data securely and will not share this information with any other organisation unless you give us permission to do so.

EcoLocal, The Lodge, Honeywood Walk, Carshalton SM5 3NX
Tel: 020 8404 1522 E-mail: info@ecolocal.org.uk www.ecolocal.org.uk



EcoLocal is the working name of the CEI Registered Company No. 4137305
Registered Charity No. 1087782