



Wheels for All – Oxford

Session Guidelines

March 2022

A consent form should be completed for each participant prior to attending a session. Attendance at a session is treated as acceptance of these terms:

1. We (the participant, parent and/or the carer) understand and are happy that the sessions will be led by experienced cycle trainers.
2. We are aware that they will offer us guidance, advice and support with regard to cycling and cycling related matters.
3. We agree that there is an element of risk in all activities but we are happy to proceed with the session.
4. We understand that the carer or parent is responsible for the care and supervision of the participant.
5. Cycle helmets are available which we may choose to use or not use and that we participate at our own risk.
6. Should anyone's behaviour be endangering the safety of themselves or others, they will be asked to leave.

Payment

Please pay in advance via bank transfer for your booked slot (£3). You may also book for a block of sessions. **Please send payment to our Lloyds bank account. Account Name: Wheels for All Oxford: Sort Code 30-90-99, Account No. 30906268 (please quote the participants name as the reference).** Please note we no longer take cash.

The consent form and payment for a new participant must be received by midday on Thursday otherwise they will not be able to cycle on the Friday.

Coming to a session:

We run booked time slots (currently at 10am, 11am and 12). Please do not come to the track unless you have a confirmed slot as you will not be allowed to cycle.

Participants and volunteers should park in the main car park unless they are unable to walk from there or cannot get under the height bar. Only those who need to should park by the gates to the athletics track.

Please bring your own helmet if you have one. We also have helmets we can lend to you for the session.

Please try to arrive at the time that you have booked and wait outside the gate until you are let in.

Please do not congregate around the entrance to the track and please keep out of the exclusion zone around the cabins. Once participants are cycling, carers and parents (if not also cycling around) should keep an eye on them from the trackside.

Please note that smoking (including vaping) is not permitted within the perimeter fence of the athletics track (nor near the entrance gate).

Covid Precautions

As many of our participants are vulnerable, we organise the sessions with a cautious approach and to comply with current Covid guidelines.

If you need personal assistance, please bring someone with you who is in your “household” or “bubble” who can help you. The WFA team will be able to provide advice and give verbal direction but will endeavour to maintain 2m distance. In situations where 2m distancing is not feasible, we strongly recommend the wearing of a face mask. If you are able to take a lateral flow test before attending a session this may help reduce the risk of you unwittingly passing an infection onto others. If you've recently been in contact with someone with Covid, please do not attend. We also recommend that those riding tandems and side-by-sides should be in the same bubble.

Hand sanitiser is available on the reception desk and surface cleaner available on the table by the entrance to the track. Please help yourself to wipe down bikes before/after use if our volunteers are busy with other participants. Cleaning materials are also provided near the toilet. We have PPE available if required, eg in a first aid emergency.

A single disabled toilet is available in the club house. Please sanitise this before and after use with the cleaning materials outside the toilet. Carers should ensure this is done whenever the toilet is used.

The cycles will be ready for use and disinfected ready for each participant and they will be cleaned again when you have finished riding.

Please note that carers will need to closely supervise the person in their care at all times and should preferably cycle around with (or near) them or keep a very close eye on them from the trackside. They should also deal with any minor mishaps and first aid requirements.

Your co-operation in following these guidelines is greatly appreciated and helps ensure the sessions can be run safely for all our participants and volunteers. To maintain the safety of others, anyone not following the guidelines may be asked to leave the track.