



CYCLABILITY® CIC

Session Guidelines

January 2025

Please note attendance at a session is treated as acceptance of the following terms:

1. We (the participant, parent and/or carer) understand and are happy that the sessions will be led by experienced cycle trainers assisted by volunteers, who may offer us guidance, advice, and support regarding 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 and do so at our own risk.
4. We understand that the carer or parent is responsible for the care and supervision of the participant at all times.
5. We agree **not** to use mobile devices during the session (on or off the track) other than in an emergency and in agreement with the session leader.
6. Cycle helmets are available which we may choose to use or not use. It is strongly recommended that helmets be worn on all tricycles.
6. Should anyone's behaviour endanger their safety or that of others; or spoil the enjoyment of the session for other participants or staff; they will be asked to leave.

Coming to a session:

We run booked time slots (typically 10am, 11am and 12 – depending on the time of year). Please do not come to a session without a booking, or at a different time to your booked 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 arrive promptly at the time that you have booked and confirm your arrival with the person at reception.

Carers are responsible for the participants in their care and should supervise them at all times and preferably cycle around with or near them (at their own risk) or keep a very close eye on them from the trackside. They should also deal with any minor mishaps and first aid requirements. Parents / Carers should **not** use any electronic device other than to take a photograph when the participant is stationary at the side of the track, taking care not to capture any other participant in the picture.

When tandems and side-by-side cycles are used, the carers should be capable of cycling these with the participant. Please note it is not possible to book a specific cycle.

Please do not congregate around the entrance to the track and please keep out of the exclusion zone around the cabins.

Smoking / Vaping:

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

Mobile Devices:

Mobile devices should **not** be used by participants or carers during a session (on or off the track) other than in an emergency.

Photography is allowed of a consenting individual or group at the start or end of their ride; but only if no other participant is captured in the image.

Booking:

A consent form should be completed for each **new** participant before coming to the session.

Bookings can be made directly through the website using the online booking system. Multiple bookings can be made at the same time using this system.

Group bookings can be made by emailing booking@cyclability.org for more information.

Bookings can be rescheduled online, up to 48 hours before the booked session.

Cancellation:

Very occasionally we will need to cancel a session. If this happens, we will let you know using the information provided at the time of booking and you will be able to reschedule your session without charge.

Covid (and other illnesses):

Many of our participants are vulnerable, so please do not attend if you have any symptoms of any illness or think you might be infectious.

Your cooperation 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.