



# Cycle Without Limits

## TERMS & CONDITIONS

The priority of the Cycle Without Limits programme is to safeguard the health of all participants whilst providing safe, fun, social and accessible sessions. Please read the Terms below and if anything is unclear, please contact Claudia, our Move More Jersey Disability & Inclusion Officer at: [movemore@jerseysport.je](mailto:movemore@jerseysport.je) or call 01534 757700

- All participants (including support workers, family, friends who are cycling with participants) must be registered with the Move More Jersey Hub before attending Cycle Without Limits: [Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#) Should you require assistance to register, please contact Claudia in the Move More Jersey office.

Participants who are not registered will be turned away until they are registered. This is to safeguard the health of all participants.

- Once registered, participants are required to book onto Cycle Without Limits sessions before attending which can be done via the Move More Jersey Office.
- All participants are requested to bring their own filled water bottle, food, suncream and medication that they may need during the session.
- The participant must inform the Move More Jersey Staff, if there is any change to their health condition whilst participating in the session. Jersey Sport cannot be held responsible for any injury/ death which may occur as a result from any omission or false information.
- The Participant must accept that they are cycling entirely at their own risk and that they are suitably fit and well to attend the session.
- The participant (or carer / support worker) will be responsible for monitoring their own responses during exercise:
  - If at any time during the session, the participant experiences discomfort or concern, it is the participants responsibility to inform the Move More Jersey staff / volunteers.
  - Participants must stop immediately and inform the Move More Jersey Staff / volunteers if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising.
  - If a participant is unwell (e.g., cold, flu, generally feeling unwell), they must not attend the session.
- Jersey Sport, it's staff and its volunteers cannot be held responsible for any injury which may take place because of the participant deviating from the programme in place.
- Participants must inform the Move More Jersey Staff / Volunteers if they are leaving a session early.
- Participants must wear appropriate clothing and shoes for the session. The Move More Jersey Staff/ volunteers will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear. Participants may be turned away if their footwear/clothing is deemed inappropriate.
- Participants are expected to arrive in time for the start of sessions. If a participant has any questions or concerns, they should arrange to arrive a few minutes early to discuss these with the Move More Jersey Staff or call the Move More Jersey Disability & Inclusion Officer prior to attending.
- Please note, there is no access to toilet or changing facilities at the Cycle Without Limits Centre. The closest public ones are in Les Quennevais Sports Centre.

- Move More Jersey Staff / volunteers are unable to accept responsibility for participants personal belongings and/or medication.
- It is the participant's responsibility to bring and keep in their own possession any medication they may need during the walk, please also note that the Move More Jersey Staff / Volunteers cannot administer any medications to participants.
- Participants (and their carers) are responsible for ensuring all participants bring any medication they may need during the session and have taken on appropriate nutrition and hydration to ensure their safety and good health during sessions. Should a participant require to eat, drink or take medication during a session to ensure their ongoing safety, this is not a problem but should be done discretely so as not to impact the session for other participants:-
- If a participant is unable to attend their session, they should cancel their booking by contacting the Move More Jersey office on 01534 757700.

## DISCLAIMER

Jersey Sport accepts no responsibility or liability for any loss, injury or damage to persons or property save where such loss, injury or damage is directly caused by the negligence of Jersey Sport. It is my responsibility to ensure I am fit and in good health to participate in the activity I choose to attend. Jersey Sport reserves the right to cancel any course if necessary. If Jersey Sport staff feel that there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with a Cycle Without Limits session.

## GROUND RULES FOR EVERYONE DURING THE CYCLE WITHOUT LIMITS SESSION

- Participants will be cycling at their own risk.
- Use your brakes to stop (not your feet, not a fence).
- Look to see if anyone is coming before starting to ride.
- Respect other riders and track users.
- Be kind and respectful to all participants, support/carers and Move More Jersey Instructors/Coaches and volunteers.
- Follow guidance from Move More Jersey Instructors/Coaches and volunteers at all times.



- You must only cycle one way along the designated circuit as advised by the Move More Jersey Instructors/Coaches and volunteers.
- Riders / carers are responsible for encouraging all participants to use hand sanitiser before using the cycles.
- All participants must be able to get themselves onto / off-the cycles without help from the Move More Jersey Staff or Volunteers. The Staff and volunteers will give you full instructions but cannot physically help you due to health and safety reasons. Our staff / volunteers can help adjust feet/ hand placement and attach any safety belts on the cycles. If you need help to get on and off cycles then please bring along a family member, friend, support worker / carer to assist you.
- All Participants under the age of 18 must be accompanied by an adult throughout the session.
- Our sessions are inclusive but any participant who is unable to take part in a session independently and requires assistance to understand instructions or maintain their own personal safety must attend with a carer, support worker, family member or friend who must cycle and support them throughout the session.
- If we find that ground rules are not observed to our satisfaction, we reserve the right to ask participants / carers to leave the track for the session.
- Smoking at any point during a Cycle Without Limits session is prohibited by participants or carers.

## HELMETS

Participants will be requested to wear helmets. We strongly recommend all participants wear a helmet; this is a personal choice unless under the age of 13 when it is a legal requirement. Should a participant wish to bring their own helmet, this is acceptable.

### **A helmet should:**

- Fit snugly and comfortably around the head.
- Sit low on the forehead, so the brim is a finger's width above the eyebrows.
- Leave room for 2 fingers between the strap and the neck.
- All helmets will be checked by the Move More Jersey staff / volunteer prior to participants cycling.
- **If you are unsure about the fit of a helmet, check with one of our cycle instructors.**

### During Cycling:

- Riders should only use cycles which they have been fitted to by a member of Move More Jersey staff / volunteers.
- All riders need to be assessed as being competent to cycle within the pit stop area prior to entering the cycle track.
- Participants will initially be requested to only cycle 2 laps of the track prior to coming back into the centre.
- All riders of the 2-seater cycle / Wheelchair transport / Opair / Chat will need to be signed off as being competent to ride by a member of staff.
- If you are new to the centre, you will be accompanied by a member of staff/ volunteer on your first lap.
- A safety cyclist will be always on the track. If there is a fault with the bike or you become injured/ feel unwell please **stop** cycling, move to the side of the track, and wait for the safety cyclists to come round and help you.

### After cycling:

- Riders / carers are responsible for ensuring they wipe down all 'touch points' on cycles at the end of their ride with wipes provided.
- Leave cycles safe and ready for the next participant to use.
- Inform a Move More Jersey member of staff or Cycle Without Limits volunteer if there is a fault with the cycle.

## GUIDELINES FOR CARERS AND SUPPORT WORKERS

Cycle Without Limits relies on the cooperation of carers and support workers to make cycling fun and safe for everyone. We actively encourage you to cycle with your participants.

### You will be expected to:

- Ensure that there are enough of you to support the participants you bring.
- Alert our staff to any challenging behaviour that may put them and others at risk as soon as you arrive.
- Supervise and remain responsible for your participant/s during your visit.
- Assist participants in their preparation for outdoor or indoor physical activity, (depending on venue), ensuring clothing will not catch on chains or wheels.

- Support the participant onto / off cycles (please note that due to health and safety, our staff / volunteers are not qualified to physically support participants onto / off the cycles).
- Please bring sun cream / hats in summer and hats / gloves / coats in winter.
- Do not take photographs without prior consent from the Move More Jersey Staff Members.
- Ensure that your participants observe the ground rules above.

**Many thanks and happy cycling!**