CODE OF CONDUCT /RULES

Ground rules for everyone

- Sign register & pay (Complete Registration forms if new – No form no ride!)
- Only get onto a bicycle when assisted by an instructor / volunteer
- Look to see if anyone is coming before starting to ride
- One way cycling along the designated circuit only
- Use your brakes to stop (not your feet, not a fence)

- Treat equipment with respect. Inform an instructor / volunteer if there is a fault with the cycle

Helmets
On occasions, our instructors may insist on a helmet being worn. Otherwise, the use of a helmet is discretionary.

A helmet should:

- Fit snugly and comfortably around the head
- Sit low on the forehead, so the brim is 2 finger's width above the eyebrows
- Leave room for 2 fingers between the strap and the neck
  If you are unsure check with one of our cycle instructors.

After cycling:

- Leave track as soon as instructors ask you too
- Inform an instructor / volunteer if there is a fault with the cycle

Guidelines for carers and support workers
Solihull Wheels For All 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:

1. Ensure that there are enough of you to support the participants you bring
2. Alert our staff to any challenging behaviour that may put them and others at risk, as soon as you arrive
3. Supervise and remain responsible for you participant/s during your visit. Do not leave.
4. Assist participant/ in their preparation for outdoor or indoor physical activity, ensuring clothing will not catch on chains or wheels & appropriate footwear is worn.
5. Please bring suncream / hats in summer and hats / gloves / coats in winter and drinks
6. Do not take photographs without prior consent from the Lead Instructor
7. Ensure that your participants observe the ground rules above & SWFA Code of Conduct.

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.