

 **Warmley Wheelers: CYCLING SUPPORT GUIDELINES**

**SOLO BIKES**

**1 Support from behind – carers should keep the person they are supporting in line of sight at all times.**

**2 Do not ride too close to rear wheel of the bike in front.**

**GENERAL**

**1 Before any manoeuvre, ask yourself “Is it safe?”**

**2 Take care when overtaking with an approaching cyclist. If in doubt, slow down or wait.**

**3 Overtaking pedestrians: Do so slowly, give them space, use bell.**

**4 Carers should watch for the person they are supporting’s front wheel going in the verge. Loss of bike control is probable.**

**5 Control speed at all times, especially in ZONE 3.**

**6 Keep to the left.**

**7 Although a shared path, pedestrians have priority.**

**8 If you are returning to the site from ZONES 1, 2 and 3, you should return via the station platform.**

 **9 If you are returning from Forest Trails, return via “exit link”. Exiting bikes have priority.**