



RATIOS:

1:5 ratio for groups 8 – 10 year olds

1:10 ratio groups 11 plus (depending on riding ability)

SUPERVISOR POSITION:

Not applicable FP staff instructed activity

SUPERVISOR ROLES:

Adult helpers should be able to confidently cycle. Adults should help monitoring, encouraging and keeping group together.

ACTIVITY: CYCLING

EQUIPMENT SUPERVISOR:

Same as participant

EQUIPMENT PARTICIPANT:

- a) Clothes: Normal wear, but must include rain coat if weather is suspect
- b) Foot wear: closed shoes
- c) Other: Sun block

PARTICIPANT REQUIREMENTS:

- a) Minimum age: 8 years or older
- b) Minimum level of competency: Must be able to ride a bicycle unassisted. Must be able to use brakes confidently. Must be

able to manoeuvre a bicycle in a “8” configuration exercise

RESTRICTIONS:

None

ACTIVITY IN OPERATIONS:

Activity is instructed by FP staff.



ACTIVITY: CYCLING