

# WHEELS IN MOTION PROGRAM RESPONSIBILITY

Wheels in Motion is a program designed to help young people and their families to become more aware of their physical activity and diet. We hope that Wheels in Motion will assist families in making healthier decisions with regards to both of these very important life activities.

## IMPORTANT INFORMATION FOR PARENTS AND CHILDREN:

- 1) **Permission from Physician:** Each child is required to have their doctor's permission to participate in the Wheels in Motion program. ***Doctor must complete and sign our form.***
  
- 2) **Cooking & Nutrition:** Parents/Guardians MUST participate in the 4 cooking classes. These classes are for parents only. When the children arrive back at Listening from their ride, siblings can join us to enjoy the meal. *Please let us know if you are bringing a sibling along.*
  
- 3) **Helmets:** All participants are required to wear a helmet approved by The Consumer Product Safety Commission (CPSC). The helmet must be manufactured after March 10, 1999 and show no signs of visible damage. (Will be provided)
  
- 4) **Additional Gear:** Each participant is also required to have the following:
  - a. Eye Protection: Sunglasses or Goggles are encouraged, but not required.
  - b. Sneakers that fit properly.
  - c. Water bottle filled with water or other acceptable liquid – ***will be supplied***
  - d. Either shorts or long pants. Wearing shorts may increase risk of injury from pebbles, rocks, sticks or other debris, and if the child falls they are subject to cuts or bruises. (Ride leaders mostly wear shorts. We just want to make you aware of the possible injuries.) *Jeans are not recommended as they tend to limit movement.*
  - e. Bicycle Gloves are encouraged, but not required.
  
- 5) **Risks of Bicycling:** Bicycling is a physical activity, and like most physical activities, it can be hazardous to the point of serious injury or death. Beginning cyclists are more likely to fall, increasing risk of cuts or bruises while learning this new skill. The Ride Assistants will do their best to minimize such injuries, but falling while learning to ride is somewhat inevitable. Beginning bicyclists should wear pants for at least the first few sessions.

- 6) Transportation:** Parents/Guardians are responsible for getting their child to the Listening Wellness Center parking lot on time for each session. If you arrive late and the bus has already left, you are responsible for driving your child (and bicycle) to that day's designated Rail Trail. A map will be provided by the staff in the Main Office.
- 7) Skin Protection:** It is recommended that ride participants use bug repellent and, depending on the time of day, sun screen. Both of these items will be available. If your child is allergic to certain lotions, you are responsible for supplying your own skin protectant.
- 8) Medication:** It is the Parent/Guardian's responsibility to administer any required medication to their child prior to the van departing the Listening parking lot.
- 9) Child's Behavior:** It is the child's responsibility to follow instructions at *all times*. This is very important for the safety of everyone on the ride.
- a. If a child fails to follow instructions, they will be given a warning and told what they are doing that is unacceptable and what they must do to be in compliance.
  - b. If a child needs to be spoken to a second time, the parent/guardian will be called to come pick up the child and bring them back to Listening.
- 10) Allergies:** It is the parent's/guardian's responsibility to inform the Cooking Instructor of any allergies that they or their child have to any of the food in that day's meal. The Cooking Instructor will let them know if the meal contains those foods. All participants will work to avoid possible allergic reactions. *This does not include food preferences.*
- 11) Attendance:** We all have busy lives and we understand you may have to miss a session. Please be advised, however, that bicycles will not be given to a child unless he/she attends at least 5 of the 6 classes **and** unless their parent/guardian attends at least 3 of the 4 cooking classes. *Missed classes can be made up in future Wheels in Motion sessions.*

If you have any questions about the above list of responsibilities, please speak with the Program Director, Debbie Ennis.

Thank you!