

### VOLUNTEER DESCRIPTOR

<b>PROGRAM</b>	Name	Return2Sport & Fresh Tracks Cycling Program Supervisors
	Dates (Commencing mid-January 2015)	Tuesdays 3:30pm – 5:00pm Fridays 2:00pm-4:00pm
	Street Address	Honda Australia Rider Training St Ives 451 Mona Vale Road St. Ives NSW 2075 (Opposite showgrounds)
	Phone	02 9808 9353
	Email	<a href="mailto:Sebastian.vanveenendaal@royalrehab.com.au">Sebastian.vanveenendaal@royalrehab.com.au</a>
<b>MAIN CONTACTS</b>	Sebastian van Veenendaal	
<b>DESCRIPTION OF EVENT</b>	<p>This is a unique opportunity to be involved in volunteering for an innovative and new Return2Sport cycling program for people with a disability including those who have sustained a traumatic brain injury or spinal cord injury, run at H.A.R.T, St Ives.</p> <p>The program aims to provide bike prescription, cycling assessment and skill development for those wanting to return to cycling following disability. Once a person has been assessed, they have the opportunity to ride at H.A.R.T with supervision known as “Free Riding” Sessions.</p> <p>We are looking for volunteers to provide the supervision for these “Free Riding” Sessions.</p> <p>You will experience a number of roles including:</p> <p><b>Roles</b></p> <ul style="list-style-type: none"> <li>• Making basic modifications and adaptations to bikes to meet participant needs and function as documented by Assessors.</li> <li>• Assist transfers on and off the bike where required</li> <li>• Supervise riding as documented by Assessor.</li> <li>• Supervising will include; <ul style="list-style-type: none"> <li>○ On foot, observing safe cycling on a 300m track known as the “Skidpan”. This may include walking and running alongside riders for short periods.</li> <li>○ On bike, riding along side, supervising the safe riding alongside participants on a 1.5 km Road.</li> </ul> </li> </ul> <p><b>Please note:</b> Volunteers are welcome and it is recommended to bring their own bike to sessions. Alternatively volunteers will be cycling using bikes available at Cycling</p>	

	HUB.
<b>VOLUNTEER ESSENTIALS</b>	<ul style="list-style-type: none"> <li>• Cycling experience – confident to ride along side participants and offer support when required.</li> <li>• Knowledge of basic cycle mechanics including ability to make modifications to suit the client's needs. (Such as the changing of peddles). Training will be provided for adaptation of specific cycles used.</li> </ul>
<b>PREPARATION</b>	<p><b>Preparation</b></p> <p>There will be an orientation session at the H.A.R.T once a group of volunteers has been established.</p>