



Health and Safety Policy

We take your safety seriously. We ensure that all reasonable safety precautions are taken, that all our bikes and accessories are in a safe condition prior to hiring and that all our gear is suitable for the age and size of each customer.

We would ask you to follow these simple rules and always remember that your safety and the safety of other road users and pedestrians are of paramount importance.

1. Before each journey, take a few minutes to give your bike the "pre-ride" check
2. Obey the traffic laws and regulations.
3. Always wear suitable clothing and your helmet.
4. Ride your bike at a speed to suit the terrain and weather conditions.
5. Always try to anticipate and expect the unexpected!
6. Both hands should remain on the handlebars and both feet should be on the pedals.
7. Always be in total control of your bike.
8. Ride with care and courtesy.
9. Look after your bike, ensuring it is always locked securely when not in use.
10. Do not jump or stunt our bikes.
11. Never carry a passenger.
12. Bike brakes are designed to stop a bike in a straight line. If you broadside and skid your bike you will damage the rear wheel and tyre and may damage or even brake the frame.
13. Never hang items from the handlebars.
14. Never use headphones or mobile phones while using a bike.