

COX WOOD

Activity Instructions

Pedal carts

Equipment

- 3 pedal carts
- 3 cycle hats
- 1 foot pump

Check equipment against this at the start and end of your session and report anything missing or broken. Check chains, steering, tyres and general condition before use

Leader requirements:

One competent person must take overall charge of the activity and ensure the equipment is in good order and used in a safe manner.

Guide to use of equipment:

Carts have a gear lever to change from fixed wheel to free wheel
Fixed wheel allows you to reverse but when you are going forward the pedals will always turn
Free wheel allows you to stop pedalling and still roll forward
Always advise to keep in free wheel mode with lever pushed forward.
Please return to store as shown in picture.

Guide to risk for your risk assessment:

Only one person on a cart

Carts can, and will, tip over if you turn suddenly at speed

Carts are not to be crashed into other carts or the trees

