



Belfast
City Council

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Inclusive Cycle
Hire Scheme

Cycling Information Sheet

DISABILITY SPORTS HUB

Below is a list of each of the inclusive cycles included at each Hub location.

Guidelines for usage of these specialised bikes and who may want to use them are included (please note, this is not exclusive). Please familiarise yourself with the information for the cycle you intend to use, primarily for your safety and in order to get maximum enjoyment from the experience. If in any doubt or you are using the equipment for the first time, ask a member of staff for assistance.

'How To' videos for adjusting each of the cycles can be found on the Disability Sport NI YouTube channel.

- **Safety check of equipment must be carried out before use**
- **Do not take any of the cycles onto roads/vehicular routes**

Tandem Cycle

001 - Medium

002 - Medium

003 - Large

004 - Large



Information

- Each Hub has 4 tandem cycles – 2 Medium and 2 Large.
- Participants with sight loss.
- Participants who may have difficulties with balance.
- Participants who may not have the confidence to cycle on their own.

Key Safety Messages

- Communication between pilot (front seat) & Stoker (back seat) is crucial for safe cycling. Whoever sits at front must be a confident cyclist.
- The pilot should hold the brakes firmly when stoker is getting on the bike.
- The pilot must not stop pedalling suddenly without informing the stoker, as knees may be jarred.
- Communication is key to safe tandem cycling.

Hand Cycle

005 – Junior

006 - Junior

007 - Junior

008 - Senior

009 - Senior



Information

- Each Hub has 5 hand cycles – 2 adult and 3 junior.
- Participants who have a lower limb injury or physical disability.
- Participants who can use their upper body to propel the cycle.

Key Safety Messages

- Ensure Safety Flag is in place in the slot behind the seat.
- The main hazard around the hand cycle is the high position of the chain and chain rings. Be careful with loose clothing such as scarves/ties etc.
- Apply parking brake for transfer on/off the cycle.
- Brake by pulling hand pedals back towards you.
- Seat position can be adjusted.
- Stability is key when using this bike – any 3 wheeler if used recklessly can tip – be careful turning corners at speed.

Junior Trikes

010 - Small

011 - Medium

012 - Large



Information

- Each Hub has 3 different sized trikes (juniors).
- Participants who have a physical, sensory or learning disability.
- Participants who have poor balance and coordination.
- Participants who need assistance with steering and/or braking.

Key Safety Messages

- Stability is key when using this bike – any 3 wheeler if used recklessly can tip – be careful turning corners etc!
- The trikes are equipped with a parking brake lever which should be applied when getting on and off, particularly on a gradient.
- A carer or assistant can also steer the bike from behind using the 'Carer control lever' that is shown on the picture; this can also be used for braking.
- Do not apply excessive downward pressure on the carer control lever.

Tomcat Bullet Trike

013



Information

- Each Hub has one standard size bike (adults).
- Participants who have a physical, sensory or learning disability.
- Participants who have poor balance and coordination.

Key Safety Messages

- Ensure parking brake applied before mounting and dismounting.
- The unique function of the rotating seat enables easier access, simply press the red lever on the left handlebar to release – Ensure the seat clicks back securely into position. The fore & aft seat position is adjustable by releasing the lever behind the seat to avoid overstretching legs.
- Handlebars are adjustable but forearms will usually have a slight upwards position when gripping the bars, seek assistance if in doubt.

Wheelchair Transporter

016



Information

- Each hub has 1 standard sized bike.
- Participants who have a high-level physical disability and would be unable to propel a cycle with either their upper or lower body.
- **Should be used with manual wheelchairs only.**

Key Safety Messages

- This wheelchair carrying tricycle must be demonstrated by a member of staff to first time users – the safe loading, securing and unloading of the wheelchair user is paramount – if unsure don't.
- Ensure both parking brakes are applied prior to loading & unloading.
- Release split pin and platform release lever to tilt down, reverse user onto platform fully until wheels touch the buffers, and apply the wheelchairs brakes. The platform will tilt level and click securely as the wheelchair loads - the wheelchair must be in the correct position for the correct centre of gravity.
- The platform release lever and its split pin must be returned to start position.
- All 3 harnesses must be hooked onto the chair's frame, one applies tension fore and two aft – when correctly secured and tensioned and the chair's own brakes applied the chair will not move.
- Release using the red latch and then tension by turning the knob on each ratcheted anchor point. If in doubt seek assistance.
- To unload simply reverse the procedure. Don't forget to remove the platform release lever split pin and release the platform, as the wheelchair user rolls forwards slightly the platform will gently tilt down.
- Ensure the wheelchair user is given full support when going onto and coming off the ramp, this may require 2 people for wheelchair users with reduced/no balance.



Side By Side Tandem

014

015



Information

- Each Hub has 2 standard sized bikes.
- Participants who may not be confident about cycling on their own.
- Participants who may need assistance with steering.
- Participants who may need assistance with propelling the cycle.

Key Safety Messages

- Side by side tandem where users can operate independently of each other unlike a conventional tandem bicycle. So one can pause pedalling or select a different gear independently of their companion.
- Apply parking brake prior to mount & dismount, raise armrest and push handlebar away to ease access. Once seated adjust seat for & aft to avoid overstretching legs. Release parking brake and away you go!
- Pause pedalling momentarily when changing gear, hub gears are unlike derailleur gears where rotation must be maintained during gear shift.
- Gentle movement of the handlebar for turning, the steering is sensitive and unnerving if pushed excessively. Braking is done by rotating pedals backwards. If in doubt seek assistance.

