

# Severn Ride & Stride



## Make the most of your free loan bike

If you're reading this then you're borrowing a bike for three months.

Please look at this information to help you look after the bike and look after yourself.

## Look after your bike

Please check the bike is safe before you use it, a quick check of a few parts is all you need. This video shows you how: <https://www.youtube.com/watch?v=4qtx60bcNk0>

You have some puncture repair patches in your tool kit, but if you'd like to learn how to fix a puncture yourself check out this video:

<https://www.youtube.com/watch?v=dVNxD6rW3zQ>

## Look after yourself

If you are just getting started or gaining confidence then:

This article has great tips on starting to commute by bike: <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/commute-by-bike-with-confidence/>

The Highway Code has specific information for cyclists to help you gain confidence: <https://www.highwaycodeuk.co.uk/rules-for-cyclists.html>

You can call or email us any time for help and advice! Email [Sam@severnnet.org](mailto:Sam@severnnet.org) 07516661801. Our website has a lot of resources too: <https://severnnet.org/rideandstride/cycling/>

## Ebikes:

### Look after your Ebike

Please check the bike is safe before you use it, a quick check of a few parts is all you need. This video shows you how: <https://www.youtube.com/watch?v=4qtx60bcNk0>

You have some puncture repair patches in your tool kit, but if you'd like to learn how to fix a puncture yourself check out this video: <https://www.youtube.com/watch?v=dVNxD6rW3zQ>

### Look after yourself

#### Ride safe

Please use your Ebike carefully. The extra power may enable you to reach higher speeds than you're used to. We recommend you practice using the bike in a safe space and get used to the controls. The motor will cut out around 15mph.

## Controls

You have a choice of different power settings, which will assist you to various degrees. Again, practice these in a safe place. The power is activated by pedaling - rather than a throttle.

## Charging

The bike will display the battery remaining. We recommend charging the bike after every use. Take care that the charging unit is not on a flammable surface as it gets hot.

## Covid-19

Please stay safe and follow current government guidelines at all times found at: <https://www.gov.uk/coronavirus>

In general you can stay safe by:

- Respecting social distancing measures, avoid cycling in busy or narrow spaces
- Sterilise the handlebars and brakes of your loan bike regularly to reduce risks
- Do not lend your loan bike to others.