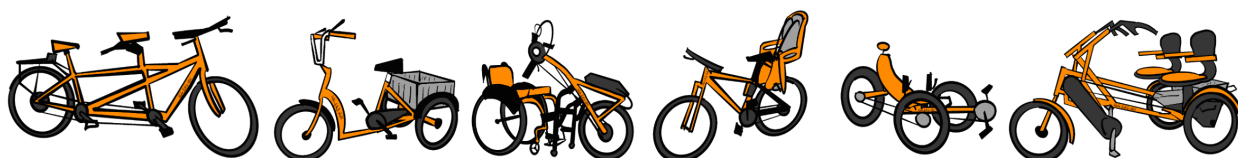


Disabled people using cycles as mobility aids



Disabled people using cycles as mobility aids usually can't dismount and walk pushing their cycle, or can't do so without pain and risk to their health.

In outdoor and larger venues, Disabled people should be allowed to use cycles as mobility aids just as they could use a mobility scooter.

In venues with limited space, policies and procedures should facilitate as many Disabled people as possible to use their mobility aids, including cycles.

What to do if someone is cycling slowly and carefully:

Smile: A Disabled person might be worried about staying on their cycle when most people are dismounting. Let us know we're welcome with a smile.

Think: If someone is cycling safely and slowly, you don't need to approach them or talk to them.

Speak: If you need to speak to someone who is cycling carefully, be friendly and positive: "Can I help you?" or "Is everything OK?"

What to do if someone is cycling too fast or close to others:

Speak: "Hello, you're going a bit too fast for this space."

Explain: "There's not room for fast cycling here. Please slow down, or dismount and walk if you can."

Give choices: "If you want to ride faster, you can go along..."

"Here is some information to help you..."

"Here are the contact details for the venue managers..."

Turn over for 8 facts about Disabled people and cycling

8 Facts about Disabled people and cycling

1. **Disabled people ride all kinds of cycles.** We might be transporting children, supporting other adults, or carrying cargo, too.
2. **Many Disabled people use 2-wheeled bikes or e-bikes.**
3. **Most Disabled people's cycles are similar in size and manoeuvrability to other mobility aids** such as mobility scooters.
4. **You can't tell if someone using a cycle is Disabled just by looking.** The four people pictured below are all Disabled people who cycle:



5. **Many Disabled people who cycle can't dismount and walk:** our cycle is our mobility aid both at walking speed and when going faster – the same as for someone using a class 3 mobility scooter or powerchair.
6. **Many Disabled people who cycle are afraid of being asked to dismount and walk.** Walking may be impossible, painful, very tiring or make us ill. We wouldn't ask a person to dismount and walk pushing a mobility scooter.
7. **Disabled people using cycles usually don't need help and don't want attention.** Unless someone is obviously struggling or is doing something dangerous to themselves or others, leave them alone.
8. **Most Disabled people using cycles will ride slowly and carefully around other people** – just as Disabled people using wheelchairs and mobility scooters are usually careful of everyone around them.

Turn over for managing spaces where Disabled people are using cycles as mobility aids