

### All Aboard Family Cycling Workshop Policies

The following policies are specific to the Capital Bike All Aboard Program, and they may not necessarily line up with how your family usually rides their bikes together. While you are a participant in our workshop, we kindly ask you and your family to respect the guidelines laid out in this document.

To participate in our All Aboard program, families must adhere to the following policies:

1. One may only register participants from their own family (ie, not children of a neighbour or friend of the family). If you are unsure, please contact Capital Bike to explain your specific situation. Pets are not welcome in this particular program.
2. Household size limit is 5 participants (including children and parents)
3. Participants must be over 1 year of age to participate in the program. This is to comply with BC helmet laws regarding helmets and infants.
4. Children must be at least 5 years of age to pilot their own bicycles on a multi-use path
5. Children must be at least 7 years of age to pilot their own bicycles on a street
6. Participants that are piloting their own bikes on streets (7 or older) need to be able to ride on their own confidently in order to participate in the guided road ride. Participants still learning to ride a bike may continue to practice their skills in the parking lot, and/or can be carried or towed on/by their caregiver's bike.
7. All participants are required to wear a helmet in the workshop and on the road ride.
8. Instructors will not be responsible for setting up gear on your family bike (eg, attaching a trailer or bike seat). Please make sure this equipment is safe and set up before arriving at the workshop. If you are unsure, we suggest you contact family friendly bike shops like Bishop's Family Cycles or North Park Bike Shop for advice or help.