



Role Description

Role	Move More Cycle Without Limits Volunteer
Business Area	Move More Jersey
Location	Community Based
Responsible to	Move More Operations Manager (MMOP)
Level of Commitment	<p>We ask that Volunteers commit to supporting a minimum of 8 sessions per year.</p> <p>We will discuss your availability and time commitments at our initial informal interview but rest assured that any time you are able to give will be very much appreciated.</p>
Inspiring an Active Jersey Vision	Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.
Inspiring an Active Jersey Mission	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% points by 2030.</p>
Jersey Sport Background	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is.</p> <p>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</p> <p>The mission is;</p> <p>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>

**Cycle Without
Limits
Background**

The Cycle Without Limits Centre is home to a range of adapted bikes that allow adults and children with disabilities or mobility issues to enjoy riding in a safe, outdoor space. Our vision is to create an environment where everyone can cycle on a regular basis, regardless of ability and can begin to weave more exercise into their lifestyle, to improve mental and physical wellbeing.

Thanks to the generosity of Ocorian Trust, Enable Jersey, HSBC Channel Islands and a private donor, we have been able to order a wide range of adapted bikes including trikes, recumbent bikes, handcycles, companion bikes and power-assisted wheelchair transporter which will be available at the centre. And our volunteers will help us to bring our vision to life.

For many islanders living with a disability, cycling is not accessible without appropriate bikes. The benefits of cycling for the disabled are just the same as for able-bodied riders: it's fun and promotes physical and mental well-being, enables social connections and gives independent mobility.

26% of households in Jersey have someone with a disability and this centre will provide the opportunity for these islanders to experience the joy of being out on a bike, regardless of age or disability.

The centre allows us the opportunity to provide disabled islanders with freedom from daily constraints and the ability to extend the speed and distance of movement compared to their normal wheelchair or other form of mobility aid. For some, this may be by cycling independently on an adapted bike and for others, being supported by a companion on one of the two-person bikes we will have at the centre.

By volunteering for Cycle Without Limits, you can help us to make this vision a reality!

**Move More Cycle
Without Limits
volunteer Role**

There are several volunteering roles which fall within the title of Move More Cycle Without Limits Volunteer -

- Set up, running and pack down of sessions
- General help around the centre / putting the bikes into and out of the storage unit
- Working with staff to ensure the health and safety of participants including supporting the staff in dynamic risk assessment
- Meet & Greeter
- Registration / Data collection / Information giver (provide safety, session & facility information)
- Helmet fitting
- Cycle assessors - Supporting the assessment of the most appropriate cycle for the participant.
- Cycle riders - Supporting participants on a variety of cycles – either as the pilot or as the passenger.
- Safety cyclist

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- Cycle mechanic (subject of the correct qualification / experience)
 - General Housekeeping
 - Supporting the assessment of the most appropriate cycle for the participant.
 - Supporting with the general maintenance of the cycles and ensuring that they are fit for purpose.
 - Liaising closely with the staff and participants
 - Organisational tasks related to your sessions (e.g. filling in the attendance form)

Skills Required for the role

- Confidence to lead a group throughout the activity
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Patience and an inclusive approach to engagement
- Reliability and punctuality
- Understanding of the Move More initiative
- Excellent organisational skills and initiative

Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):

- Adult & Children Safeguarding Courses
- Move More Volunteer Induction
- An enhanced DBS check
- British Cycling Disability & Inclusion training
- Practical training session on the CWL bikes

What's in it for me?

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience
- Support within your role
- The opportunity to take part in training
- The chance to make a difference to the lives of people with physical, mental and learning disabilities
- The opportunity to meet new people and feel more connected to your community
- Ongoing support, help and assistance
- A lot of appreciation
- You'll get to make a genuine difference to the lives of people with physical and learning disabilities.
- Help making our vision of a healthier and more active island a reality!

