



*BREAK THE BOUNDARY*

# Perth Metro Adaptive Off-road Cycling Community Inclusion

## Participant Information Pack

**June 2019 – June 2020**  
**Perth Metro, West Australia**

Sponsored by the **Department of Local Government Sports and Cultural Industries**  
Managed and run by **Break the Boundary Inc.**



Department of  
**Local Government, Sport  
and Cultural Industries**



## **WHAT YOU NEED TO DO BEFORE ATTENDING YOUR CLINIC**

1. Read this document in its entirety.
2. Sign up to a [FREE Break the Boundary Participant Membership](#).
3. Sign up to [FREE MTBA Trial Membership](#) or full membership prior to attending. If you do not wish to be a MTBA member, please bring \$10 on the day for a MTBA Day License.
4. Sign Medical waiver and Media Release form and submit to your coach on the day.

## Introduction

### CONGRATULATIONS!

You have taken the first step to experiencing the great outdoors in a whole new way. Break the Boundary is here to help you make the most of your new adventure and introduce you to adaptive mountain biking in the Perth metro area.

Whether you've never cycled before, never experienced offroad-trails or if you simply want to get out of a rut in life and try something different, our 2-day introduction program will help you feel physically and mentally fitter.

Our aim for the program is to:

- instill healthy, safe and enjoyable life habits and behaviours in people living with disability and disadvantages by observation, leading by example and self-determination.
- welcome people to the healing power of nature and the outdoors and how it can improve their wellbeing and outlook on life.
- expose the target groups to the greater community.

## Objectives of our program

- Provide an activity that increases the engagement and physical activity of low participation groups.
- Increased participant wellbeing, resilience and self-esteem through connection to community.
- Improved understanding of the benefits of physical activity and healthy lifestyles.
- Increased community partnerships that support healthy behavior.
- Provide healthy environment.

## Outcomes

Some of the key things that can develop as a result of taking part in this program:

- Continued growth in MTB inclusion and participation by people with disability.
- Increased community awareness and availability of services.
- Over 60 new participants to the sport.
- Increase number of NDIS participants including equipment and events in their plans.

## Target groups

- People with disability
- Insufficiently active
- Disengaged youth

## Target locations

- City of Swan
- City of Belmont
- City of Canning
- City of Wanneroo
- City of Gosnells
- City of Armadale

## Schedule

### 1. Community engagement (1 individual session per person)

Provide individuals, a subsidised introduction to Adaptive Mountain Biking, including; equipment, safety, nature/environment engagement and cycling etiquette.

~ 100 individuals plus companions and carers.

### 2. "The Challenge": Leadership skills and resilience (1 group session per 4 people)

Provide individuals with a 2-3hour trail riding experience with qualified support rider (1) and MTBA certified coach (1).

Participants will be grouped into different sessions with people of similar ability based on their fitness, strength and mental resilience.

Groups will consist of 4 participants plus their carers/companions.

## Cost

**FREE ENTRY, EQUIPMENT HIRE AND COACHING** for participants and carers/companions.

To bring you a free session we are running our program with no margins.

If you value the work that we do, and if you are in a position to do so, we welcome all tax-deductible donations to help us offset some of the surplus costs with running our program.

You can make a cash donation when you visit us or via our website:

[www.breaktheboundary.com/donate](http://www.breaktheboundary.com/donate)

## Insurance cover

**\$10 Day License** per person (including companions) per session for personal injury cover

OR

**FREE** Mountain Bike membership trial (inclusive of insurance cover). Visit:

<https://www.mtba.org.au/join>

## Location

Unless advised otherwise, the program will be run from our Perth Hills Adaptive Trail Hub located at the bottom of the driveway of:

Calamunnda Camel Farm\*

**361 Pauls Valley Road**

**Pauls Valley WA 6076**

\*Please note that you are entering private property and we ask that you respect the location that has been made available for our use.

## Parking

As you come down the main gravel driveway from Paulls Valley Road, continue down to the end of the driveway until you see a large green-brown shed with Break the Boundary signs.

You are welcome to park directly in front of the facility; otherwise public parking is available anywhere along the main driveway and adjacent to our facility.



## What to bring

- AS/NZS certified cycling helmet. If you do not have your own, you can borrow one of our helmets, but we cannot guarantee comfort. No helmet – no riding!
- Cycling/gym gloves and Splints (if applicable)
- Suncream and hat
- Water bottle and snacks
- Appropriate comfortable attire for the weather. Please check the forecast the day before attending.
- Toiletries, personal hygiene and care products (if applicable)
- Medication (if applicable)

## Toilet amenities

Toilet facilities with running water are located within 80m of our facility at the top of the main driveway. There is 1 x accessible toilet and 1 x standard toilet.

The accessible toilet does not meet Australian Standards but has the following:

- 850mm wide door entrance
- LHS grab rail & RHS wall rail (both horizontal)
- Limited turning space for larger mobility aids.

If you require assistance, we recommend you bring a companion or carer with you.

## Carers and companions

Any carer or companion wishing to join in with the riding must provide their own cycle and helmet. Due to time constraints and the volume of participants, we cannot allocate any additional time on coaching or inducting carers/companions on how to ride their bike.

## Safety, Risk and Medication

To ensure that you have an enjoyable experience, we take all necessary precautions to ensure your safety. We ask that you adhere to all the instructions and emergency procedures of your designated coach.

If you take any regular medications that may impact your perception, cognition or ability to operate equipment, please inform us so that we can create the safest possible environment.

## Equipment

Available for trial are the following adaptive mountain bikes. We encourage you to trial as many as practical during your first 1-on-1 session with us.

All cycles operate with standard bike brake and gear levers. Suitable for people with appropriate grip, dexterity and finger function.

We provide additional padding and strapping for feet, leg, waist, trunk and arm support; however, we recommend you bring your own splints, prosthesis, AFO or other support aids.



### Top End Cross Country

- Recumbent handcycle
- Rigid frame (no suspension)
- Adjustable leg and backrests
- Adjustable crank position
- Electronic power assist



### Sport-On XCR

- Recumbent handcycle
- Rigid frame (no suspension)
- Adjustable leg and backrests
- No power assist



### **Sport-On JeeTrike**

- Upright Handcycle
- Independent wheel suspension
- Adjustable leg rest
- Electronic power assist



### **Reactive Adaptations Bomber**

- Kneeling handcycle
- Rear suspension only
- Adjustable seat and chest plate
- Electronic gear shifters
- FAT version available (no rear suspension or e-shift)*



### **Greenspeed**

- Recumbent legcycle
- Rear suspension only
- Adjustable leg crank length

## Contact

If you have any queries, please contact us in advance so that we have time to prepare for your visit [info@breaktheboundary.com.au](mailto:info@breaktheboundary.com.au)

Or leave a voice message with Kate on 0439 630 519 or Andrew on 0479 166 234

Thank you for choosing to break your boundary!

[www.breaktheboundary.com.au](http://www.breaktheboundary.com.au)



[Submit completed form to your clinic coach. \*Mandatory]

## Medical Waiver\*

I \_\_\_\_\_ of \_\_\_\_\_  
herby sign the following waiver as an acknowledgement that I have disclosed all medical conditions, medications, allergies and prior injuries known to me that impact my cognition, perception, alertness and wellbeing during the Break the Boundary Inc. clinic.

Break the Boundary Inc. representatives, officials, contractors and volunteers have been notified of my medical conditions, medications, allergies and injuries prior to commencing the Break the Boundary Inc. adaptive mountain biking clinic.

I acknowledge that I will follow all safety, emergency and coaching instructions by Break the Boundary Inc. to ensure the safety of myself and others.

I have read the Participant Information Package and understand all the details and requirements.

I shall not hold liable nor pursue action for compensation of damages unto Break the Boundary Inc. representatives, officials, contractors and volunteers for any personal loss, injury or damaged to myself or others as a result of non-disclosure of personal or medical information.

\_\_\_\_\_  
Participants signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

## Media Release

I \_\_\_\_\_ hereby acknowledge and permit the entities below to use any photograph(s), video recording(s) and or audio recording(s) therefrom and any other reproductions or adaptations therefrom, either complete or in part, alone or in conjunction with any wording and/or drawings for all uses including publicity and/or merchandising and/or editorial purposes.

- Break the Boundary Inc.
- Department of Local Government, Sport and Cultural Industries (WA)
- City of Kalamunda

I understand that I do not have any interest in the copyright to the photograph(s), video recording(s) and or audio recording(s) nor shall I receive any payment.

\_\_\_\_\_  
Participants signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date