

## **Bike Wheel Chair Volunteer**

### **Job Description**

Sleeping Bear Dunes National Lakeshore has over 50 miles of hiking trails on the mainland, the 20-mile Sleeping Bear Heritage Trail, and over 35 miles of Lake Michigan beaches as well as many inland lakes and other facilities that Park visitors use daily. We are committed to making our beaches, trails, picnic areas, and amenities more accessible to people of all abilities. We have created the Bike Program to allow Park visitors with mobility issues to use the Bike Wheel Chair on the Heritage Trail at no cost. For more information see our website: [friendsofsleepingbear.org](http://friendsofsleepingbear.org)

This program will have two volunteers for each ride. One volunteer will pilot the bike, the other will ride along as a safety rider. The volunteers will be scheduled by the Bike Wheel Chair Coordinator. Assigned volunteers will meet the wheeler (person riding in the wheelchair) and their family at the site. Facilitate the use of the Bike and signing of waiver if not completed in advance. The volunteers will accompany the wheeler during their ride on the Bike.

**Due to the nature of the activity and equipment the pilot of the bike can not exceed 225 lbs. Helmets will need to be worn by volunteers and wheeler, there will be three helmets on site.**

### **Duties of the Bike Wheel Chair Volunteer include:**

- Remove the Bike from the storage garage
- Conduct pre-check (list will be available and reviewed during the training) to make sure bike is set to go, and all safety equipment is in place
- Meet the wheeler and their family at the appointed time and place
- Review the Bike program requirements and obtain signatures on waiver if not done in advance
- Give the wheeler and others accompanying them a quick review of the Bike and the route you will be taking
- Have the wheeler get on the Chair, and adjust Chair as needed
- **Transfer to the Bike Wheel Chair is not the responsibility of the volunteer.** The wheeler or their friends and family will need to manage the transfer and provide other medical assistance if required
- Following the outing, do the post-check (once again list will be available) of the Bike Wheel Chair and return it to the storage area and recharge the battery for the next use
- Report volunteer hours via the Friends website: [www.friendsofsleepingbear.org](http://www.friendsofsleepingbear.org).

### **Required Experience and Abilities**

Communication skills and internet access

Basic Cycling and Mechanic skills

The ability to ride 8 miles or more (bike is an e-bike and will be easier to pedal)

### **Required Training**

Provided by Friends of Sleeping Bear Dunes

### **Time Commitment**

Typical outing will be 2-3 hours along with travel time