



## Commission on Aging Meeting

Meeting Agenda

**June 8, 2021**

**5:00 p.m.**

**City Hall**

Membership		Term Ends
Member:	Barbara Halper	2021
Member:	Al Kaluza	2021
Member:	Steve Hebeisen	2022
Member:	Phylcia Binotto	2022
Member:	Marylin Talarico	2023
Alternate:	Vicky Polunc	2023

Council Liaison: Peter Leo  
Staff Liaison: Jackie Schulze

1. Call Meeting to Order
2. Introductions
3. Appointment of Chair and Vice Chair
4. Angie Cruzen, Waconia Food Shelf Introduction & Discussion
5. Michelle Weinrich – Cycling without Age Update & Discussion
6. Board Updates
7. Adjourn

COMMISSON ON AGING



**Meeting Date:** June 8, 2021

**Item Name:** Appointment of Chair and Vice Chair for 2021

**Originating Department:** Administration

**Presented by:** Jackie Schulze

***RECOMMENDATIONS/ACTION/MOTION REQUESTED*** (Include motion in proper format.)

**Motion to Appoint Commission on Aging Chair and Vice Chair for 2021.**

***EXPLANATION OF AGENDA ITEM*** (Include a description of background, benefits, and recommendations.)

The Commission on Aging needs to establish a chair and vice chair for 2021. Last year, the Chair was Barbara Halper and the Vice Chair was Marylin Talarico. The chair is responsible for running the meetings (calling the meeting to order, calling for a vote/motions/etc.) and the vice chair is responsible for this in the chair's absence.

If anyone is interested in stepping into the Chair role for the meetings, please let us know. This was not completed at the March 18 meeting because we had a small group present. The appointment of the Chair and Vice Chair will be done through a formal motion and vote.

COMMISSON ON AGING



**Meeting Date:** June 8, 2021

**Item Name:** Waconia Food Shelf – Angie Cruzen

**Originating Department:** Administration

**Presented by:** Jackie Schulze

***RECOMMENDATIONS/ACTION/MOTION REQUESTED*** (Include motion in proper format.)

***EXPLANATION OF AGENDA ITEM*** (Include a description of background, benefits, and recommendations.)

Angie Cruzen, Executive Director of the Waconia United Food Shelf, will be in attendance to present to the Commission on Aging more details about the food shelf, as well as several new food shelf initiatives that may be of importance to the Commission on Aging.

A discussion will follow on ways that the Commission, as well as the City as a whole, can partner more with the Food Shelf.

## COMMISSON ON AGING



**Meeting Date:** June 8, 2021

**Item Name:** Cycling without Age Program

**Originating Department:** Administration

**Presented by:** Jackie Schulze

***RECOMMENDATIONS/ACTION/MOTION REQUESTED*** (Include motion in proper format.)

### **Discussion of Cycling without Age Program.**

***EXPLANATION OF AGENDA ITEM*** (Include a description of background, benefits, and recommendations.)

Michelle Weinrich, who presented at the March meeting, will provide an update on where things are at with the Cycling without Age program. Her presentation is attached. At the last meeting, the Commission discussed that they would like to get involved in helping with the program.

The involvement level of the Commission and the Program should likely be discussed further. Depending on where things are at, an update to the City Council should come this summer.



CYCLING  
WITHOUT  
AGE

WACONIA



Michelle Weinrich

Weinrich.michelle@cyclingwithoutage.com



# What is CWA?

A worldwide non profit movement that aims to provide joy and vitality to seniors and less mobile members of the community. Combating loneliness and isolation, building new relationships, breaking down the stigma associated with aging, and benefiting community health. Volunteers bring passengers out for a ride on a specially designed bike, with a pedal assist battery, called a trishaw.





The program gives everyone “**the right to wind in their hair,**” the ability to connect with nature, and chance to share their stories.

### Fun Facts-

As of March 2020:

\*50 countries participate in CWA programs

\*over 2,200 chapter locations around the world

\*over 3,000 trishaws

\*over 33,000 volunteer pilots trained.

\*over 1.5 million people have been on rides.

\*2019 there were 4 affiliates in **Minnesota**- today there are 44 affiliates !







# How much does each ride cost?

These are free rides. There is absolutely no cost to riders. This is a 100% voluntary community initiative.





# What is a ride like?



# 2018 Oshkosh, Wisconsin







**“Waconia is a fun place to visit and a great place to live.”**

Many CWA trip ideas:

Every day trips to City Square Park, or Lake Waconia Regional Park

- Music in the park
- Lake Waconia band festival
- Carver County fair
- July 4th fireworks
- Relay for life
- Nickle Dickle
- Scarecrow contest
- and more.....

***“An exciting destination for cyclists of all ages to stay and visit...”***





# The Pilot: trained volunteer trishaw drivers

- \*Community volunteers or care facility volunteers
- \*Drivers Licence
- \*16-80 (depending on insurance policies) Mn Ebike law states 16+
- \*criminal record checks
- \*skillful riders/ adequate biking skills
- \* Physically Fit
- \* Vaccination report ( Tuberculosis )
- \*volunteer requirements as per the Long Term Care Act policies

(See Pilot Application in documents)

(See Pilot Waiver in documents)

By Kelly Smith Star Tribune | AUGUST 16, 2019 — 9:36PM



GLEN STUBBE

Anthony Desnick of Cycling Without Age picked up Sister Susan Smith and Sister Rosalind Gefre for a ride from their home Carondelet Village, through St. Catherine University, and around St. Paul.



# CWA Benefits:

- bringing the mobility impaired out of their structured, closed environment and into the outdoors and back into the community.
- encouraging social interactions between riders, family, volunteers, and members of the community.
- providing opportunities for riders to tell their personal stories, particularly about their past experiences as members of their local communities, during their rides.
- providing new experiences for those at a time in their lives when new experiences are not commonplace.
- providing riders a feeling that they still belong to their communities.



# CWA Guiding Principles:

1. **Generosity**: Taking elderly and less-abled people out on a bike ride is a simple act that spreads a great amount of happiness. On top of this, CWA fosters a culture of generosity through knowledge sharing, providing a welcoming culture for pilots, and through inviting others to get involved in the movement.
2. **Slowness**: Slow cycling is a key principle and ensures that pilots, passengers, pedestrians, and other road/path users have good experiences with CWA groups.
3. **Storytelling**: CWA listens, documents, and shares stories via word of mouth or on social media. Storytelling is crucial for building and spreading the movement and encourages everyone - pilots, passengers, and organizers - to participate.
4. **Relationships**: CWA is about creating a multitude of new relationships: between generations, the elderly, pilots and passengers, nursing home employees, and family members. Relationships build trust, happiness, and quality of life.
5. **Without age**: Life unfolds at all ages, and CWA is about letting people age in a positive context, fully aware of the opportunities that lie ahead when interacting in their local community.





## “Variation is a strength”

**Fee based example:** municipality buys three trishaws to be used in the community, and people can sign up for that service, the members could be care homes, or day centers etc. These people could pay to be members (unless the municipality is offering the service free of charge).

You can always have an entity (you, a care home, a cycling club, a municipality), with paying or non-paying members who share a trishaw or two.

**Willmar, Mn -Community Collaboration Award from LeadingAge Minnesota 2019 CWA City partnership. Bethesda residents and other clubs and organizations can check out free of charge. Expanding plan for four more trishaws.**

**Table 1:** Comparison of CWA operating models

Model	Agreement	Advantages	Disadvantages
Independent (e.g., community associations, social clubs, individuals)	Allows private individuals and organizations (e.g., social clubs and community organizations) purchase and operate a trishaw under the CWA banner.	-The passenger can be anyone in the community	-Need to establish your own insurance  -Need to establish your own pool of volunteers  -Need to determine your own storage requirements
Municipality (e.g., City Hall, fire/police, library)	Allows a designated municipality to purchase and operate a trishaw under the CWA banner. Fee-based memberships may be offered by local/national CWA organizations based on municipal population.	-Can run a program across multiple centres and residences  -Already have volunteers programs in place  -Already have someone on staff that can organize operations  -Already have insurance for volunteers and passengers	-Difficult to establish where to start, who will be involved, and how liability will be dealt with
Care facility (e.g., adult living, assisted living, long term care)	Allows a designated care facility to purchase and operate a trishaw under the CWA banner.	-Already have volunteer programs in place  -Already have staff to help organize operations  -Already have insurance for passengers and volunteers  -Often have storage locations for the bike(s)	-Passengers are limited to residents in the facility and not open to the whole community

[Wilmer CWA Video Youtube](#)



# Minnesota Grant Assistance (CMP)

Minnesota Department of Human Services

Medicaid-certified nursing facilities can apply for this competitive grant. The CMP grant funding will cover half of the delivered cost of a new trishaw, and the costs of training and implementation assistance.

The facility must be willing and able to provide the funds to cover the remaining cost of the Trishaw.

Participating facilities must also;

- 1) provide staff support sufficient to successfully operate a CWA program,
- 2) report the numbers of staff and pilots trained and the numbers of passengers served and rides provided, during the first year of the program and
- 3) complete a follow-up survey to assess the impact of the program on residents, staff and family.

**Due April 30, 2021 11:59pm**

(See attached for copy of application)

# Insurance

Important to have coverage in all 3 areas: accident insurance, third party liability insurance and bicycle theft insurance. Most nursing homes and town/cities existing insurance will cover:

- \*pilots as they are working volunteers
- \*passengers under special outings
- \*bike under asset insurance

Otherwise, a number of Chapters are using McKay's "Silent Sports". It has a dedicated CWA application page:

[https://www.silentsportsinsurance.com/docs/1718/Cycling%20Without%20Age%20\(LWGT\)%201718.pdf](https://www.silentsportsinsurance.com/docs/1718/Cycling%20Without%20Age%20(LWGT)%201718.pdf)

Insurance companies, Care Homes, and Cities require Risk Management Plans.

(See example with documents)



**Michelle Weinrich**  
 Waconia  
 Minnesota  
 USA



**QUOTE**

**Valid 2 weeks from date of issue**

No. ....: 1347  
 Date .....: 08.02.2021  
 Client no. ....: 603  
 Page .....: 1 of 1

No.	Text	Quantity	Unit	Price per unit	Price
41	Triobike Taxi (Torque 90 Nm, 250W Brose mid-drive) including city stickers	1	pcs.	9.550,00	9.550,00
16.5	The Duffel blanket by Rigmor Wiberg	1	pcs.	350,00	350,00
3	Discount for first service/maintenance	1	pcs.	-100,00	-100,00
2	Freight, handling & insurance	1	pcs.	2.199,00	2.199,00

(Amount, VAT exempt: **11.999,00** - Amount , subj. to VAT: **0,00**)

Sub total : 11.999,00  
 0,00% VAT : 0,00  
**Total USD : 11.999,00**

**StartUp Budget**

- Trishaw Purchase and Shipping
- Insurance
- First Aid Kit
- Bike Pump(s)
- Safty Vest/Shirts
- Storage Shed
- Other

**Extra battery and charger**

**Annual Budget**

Ongoing some items you may want to consider when building an annual budget include:

- Insurance
- Trishaw Maintenance - Service and Parts
- Volunteer Recognition
- Event Registration
- Training / Office Materials
- Marketing materials (postcards, beach flag, etc.)



 trioBike taxi





## **Next steps:**

- \*Informing Waconia care homes of grant deadline**
- \*Determining if there are any interested partnerships**
- \*Creating community awareness -pamphlets, Facebook site etc**
- \*Fundraising Task Force**

I believe that the timing of COVID is a perfect time to talk about the importance of being outside and having volunteers visit the isolated and we believe as an organization, that the benefits of this movement will outweigh the possible risks and solve some of the issues of this current health crisis.

Thank you for your time and please let me know if you also feel our Waconia senior / homebound community could benefit from this CWA program. I would love for you to be a part of my team!

[Weinrich.michelle@cyclingwithoutage.com](mailto:Weinrich.michelle@cyclingwithoutage.com)





# Document examples & forms



# Risk management example

## Cycling Without Age Risk Assessment Overall Operating Procedures

This Risk Assessment must always be located in the under-storage of the Trishaw and in the associated Care Home. It should be reviewed at 6 month intervals.

Care Home		
Date of Risk Assessment		
Written By	Chapter:	
Bike Model		
Address/location		Postcode:
Care Home Activities Management	Does the Care Home have standard Risk Assessments for activities?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Has CWA become part of this?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Consideration of previous risk assessments		
Bike last serviced		
Condition of bike		
Any reportable problems with bike		
Location of first-aid kit:	First-aid kit adequately stocked and maintained?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Emergency Contact Card Available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Person conducting risk assessment		
Name:	Telephone:	
Signed:	Date:	

No	Location of hazard	Description of hazard	People at risk (Residents, Pilots, accompanying passengers)	Level of risk (high, medium or low)	Advice on hazard required?	Resolution/action
1	On bike	Wheels not being locked out.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	First part of all pilot training programmes to ensure that when appropriate brakes are applied. Pilot refresher courses ensure that this remains a prominent safety protocol
2	On bike	Incidence of passengers trapping hands in wheels when bike moving.	Residents, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilots must remind and ensure that passengers on the Trishaw always keep their hands/arms inside the bike when in motion.
3	On bike	Battery Pack/Pilot causing Trishaw to travel at too great a speed.	Residents, Accompanying Passengers	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	It is made clear during training that the maximum speed the Trishaw should travel at is 16km/h. There is no way of restricting speed relies on Pilots observing speed.
4	On bike	Bike becoming unbalanced when loading a passenger.	Residents	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilot keeps the bike steady by remaining on the saddle while another person i.e. relative/care assistant assists passenger onto bike.
5	On bike	Passenger unable to step up onto the footplate.	Resident/Accompanying Passenger	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Footplate can be removed to allow Passenger to directly board Trishaw from the ground. Important that this is properly secured before the bike begins to move.
6	On bike	Medical emergency for Resident	Resident	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Dependent on nature of emergency, make quick assessment with accompanying passenger and alert appropriate authorities.

# Risk management example

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	Has CWA become part of this?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Consideration of previous risk assessments		
Bike last serviced		
Condition of bike		
Any reportable problems with bike		
Location of first-aid kit:	First-aid kit adequately stocked and maintained?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Emergency Contact Card Available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Person conducting risk assessment		
Name:	Telephone:	
Signed:	Date:	

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6	On bike	Medical emergency for Resident	Resident	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Dependent on nature of emergency, make quick assessment with accompanying passenger and alert appropriate authorities.

# Risk management example continued

No	Location of hazard	Description of hazard	People at risk (Residents, Pilots, accompanying passengers)	Level of risk (high, medium or low)	Advice on hazard required?	Resolution/action
7	On bike	Mechanical issues affecting normal Trishaw operations.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Trishaws will be fully safety checked every six months. Pilots encouraged to undertake a bike check before and after each journey.
8	On bike	Loss of power from battery pack.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Batteries will always be fully charged before trips and there will never be an instance where a Pilot will be out long enough where battery will die. If power loss does occur Pilot encouraged to drop into lowest gear and take flattest approved route back to original location.
9	On bike	Passengers becoming unseated from the Trishaw.	Residents, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Passengers must wear the provided seatbelts at all times when Trishaw in motion. Pilot must remind and ensure that this is the case before Trishaw starts journey.
10	Off bike	Incliment weather conditions impacting on Trishaw operations i.e. Rain and Wind.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilots will always observe upcoming weather conditions and make an informed decision on whether to undertake journey or not. In event of incliment weather Pilot will return to original destination as soon as possible, with the health and safety of the passenger remaining top priority.
11	Off bike	Incliment weather conditions impacting on Trishaw operations i.e. Snow and Ice	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	As above on observations. Slow Trishaw and take corners wide and steady to prevent any slippage due to changes in underlying conditions.

No	Location of hazard	Description of hazard	People at risk (Residents, Pilots, accompanying passengers)	Level of risk (high, medium or low)	Advice on hazard required?	Resolution/action
12	Off bike	Incliment weather conditions <b>severely</b> impacting upon Trishaw, making it unrideable.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Health and safety of Residents and Accompanying Passengers absolute priority. Ensure alternate travel arrangements to ensure their orderly return to original location. Pilot endeavour to return bike to original location, but the likelihood of such conditions arising highly unlikely.
13	Off bike	Sudden hazard on Trishaw route causing emergency stop.	Residents, Pilots, Accompanying Passengers	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Major part of Stage 1 Pilot Training in how to bring the Trishaw to a quick, controlled stop. Regular training provided to ensure that no harm comes to anyone on/off bike.
14	Off bike	Diversion on Trishaw route causing diverted journey on non-approved route.	Residents, Pilots, Accompanying Passengers	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilots encouraged to look out for any local new indications that routes will be affected by any planned works. Most approved routes will have back ups to take account of any route changes.
15	On/Off bike	Pilot needing to make contact with Care Home/Care Home needing to make contact with Pilot	Residents, Pilots, Accompanying Passengers	Medium	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilots will always carry a charged mobile phone. Sheet at reception will note Pilots mobile number in case of emergency.
15	On/Off bike	Any hazards not mentioned above.	Residents, Pilots, Accompanying Passengers	Low	<input type="checkbox"/> No <input type="checkbox"/> Yes If yes, who can advise?	Pilots and Passengers must raise any issues with local Chapter coordinators to ensure that appropriate action can be taken to prevent any incidents or accidents occurring.



## CWA Pre-Ride Trishaw Checklist

- Visual inspection
- Reflectors & lights are placed and not obscured.
- Passenger clothing and items are secured inside passenger compartment.
- Passenger blanket is in compartment or secured when in use.
- Tires are securely attached, with proper amount of tread, no bulges or excessive wear.
- Frame is not bent or broken. Quick release clamps are locked.
- Pedals and cranks are secured to arms and axle and are not bent.
- Tires are properly inflated with recommend pressures.
- Chain is oiled, clean and runs smoothly.
- Bearings are lubricated, run freely and display no excess movement, grinding or rattling.
- Hood inserted into holders when in use.
- Front & rear brakes are working properly.
- Battery has sufficient charge.
- Seat and handlebar posts are adjusted to appropriate height and tightened.

Signed: \_\_\_\_\_ Dated \_\_\_\_\_

1 of 1



## CWA Ride Checklist

- Retrieve trishaw & helmets from storage area (first Pilot of the day)
- Complete pre-ride trishaw check
- Let the site office know you are there (if the passenger is not outside waiting)
- Escort passenger into the trishaw ensuring they don't stand up in the passenger compartment.
- Decide route and if you will be stopping for a treat (optional)
- Ride slowly and in control (between 3 - 6 mph)
- Follow street and path cycling etiquette and rules
- If stopping for a coffee or ice cream, ensure that when parking the trishaw it is not blocking the sidewalk, walkway or any doors
- Rides should not exceed scheduled ride time (rides may be shorter)
- Report any issues or concerns to site coordinator
- Return trishaw to passenger pick-up/drop off area, safely escort the passenger out of the trishaw, ensuring the passenger does not up in the passenger compartment. Refer to unloading procedure in Appendix B
- After each ride, sanitize helmet and trishaw passenger area
- Ensure the trishaw is clean for the next user and return it to the storage area. Sanitize seats and handlebar grips.

Signed: \_\_\_\_\_ Dated \_\_\_\_\_

Nursing Facility Cycling Without Age (CWA) Program  
Request for Proposals Published February 2021

Proposals must be submitted via email attachment to [DHS.NFRP.CostReport@state.mn.us](mailto:DHS.NFRP.CostReport@state.mn.us) by 11:59 p.m. on April 30, 2021

### SECTION 1

Facility Name or Organization	
Address	
Primary Contact Name	
Contact Title	
Contact Phone	
Contact Email	
Contact Address	
Project Leader	
Leader Title	
Leader Phone	
Leader Email	
Facility MN Taxpayer I.D. #	

### SECTION 2

Provide a brief overview of the facility. This section should include *brief* information about the facility, number of residents served and geographic area served. Also include any strengths about your organization that will add value to your proposal and success of the project.

### SECTION 3

**Description of the Population to be Served:** Describe the level of need for the Cycling Without Age (CWA) Program in your nursing facility, including information on the numbers of residents that can benefit from this type of program and how you will identify those residents. Describe how you will educate residents and their families or other representatives about the benefits of this program and how you may invite them to participate.

### SECTION 4

**Project Description:** Provide an overall summary description of your proposed project, including the following:

- I. Identify which staff or departments will be involved in the implementation of the program and how the following will be accomplished:
  - how residents and staff input will contribute to developing the program
  - development of a volunteer recruitment plan for trishaw pilots
  - training of the ride pilots
  - care and maintenance of the trishaws
  - sustaining the program
- II. Describe the manner in which the Program will benefit residents of your nursing facility.
- III. Provide a proposed implementation timeline (not to exceed 12 months).

## SECTION 5

**Evaluation Plan:** Describe *who* in the facility will have the responsibility for collecting the following data and how the data will be maintained.

- Number of facility staff and pilots trained.
- Number of “train-the-trainer” sessions held.
- During the first year of the program, measure the number of facility residents served (i.e. riders) and number of rides provided.
- Indicate your agreement to collect all required data and to complete a follow-up survey from DHS assessing the impact on residents, staff and family, of participating in a CWA program.

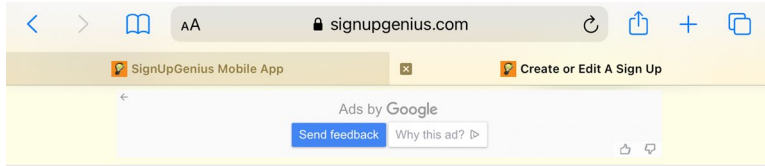
## SECTION 6

**Budget Proposal:** This section should specify the grant amount requested (not to exceed \$ 6,200.40) and explain how the nursing facility plans to secure the required funds to purchase the trishaw (the facility share of the purchase). Nursing facilities are required to contract with and pay Cycling Without Age (CWA) directly for the equipment, training and consultant assistance in implementing the Program.

Please note: documentation such as receipts, invoices, etc. will be required to obtain grant funds. A signed, executed contract must be in place before making any purchases. All program expenditures must be made by the facility prior to submitting invoices for reimbursement.

Check the box to indicate that you understand that documentation of project expenses such as receipts, invoices, etc. will be required to obtain grant funds.

# Scheduling rides - sign up genius example



- Sign Ups
- Groups
- Messages
- Reports
- Tools
- Collect

## Edit Sign Up — CWA

Design Slots Settings Publish

Sort by Date

Search

+ Add Dates

+ Add Slots

Dates/Times	Location		Available Slot	
06/01/2021 (Tue.)	WACONIA	✎ ✕	9-10 (1)	✎ ✕
			10-11 (1)	✎ ✕
			11-12 (1)	✎ ✕
			1-2 (1)	✎ ✕
			2-3 (1)	✎ ✕
			3-4 (1)	✎ ✕
06/02/2021 (Wed.)		✎ ✕	9-10 (1)	✎ ✕
			10-11 (1)	✎ ✕
			11-12 (1)	✎ ✕
			1-2 (1)	✎ ✕

NOTE: Dates are in mm/dd/yyyy. Times are shown in CST. To modify, update your [settings](#).

Show 10 25 50 1 2 3 4 5



# Rider and volunteer waivers



## Cycling Without Age Marin Assumption of Risk, Release, Indemnification and Covenant Not to Sue Agreement ("Agreement")

In consideration for the services of Cycling Without Age Marin, its activity leaders, officers, agents, and volunteers (collectively referred to as "CWA Marin"), I, on behalf of myself, my personal representatives, assigns, heirs, and next of kin:

AGREE TO observe and obey all posted rules and warnings, and further agree to follow any oral instructions or directions given by CWA Marin.

ACKNOWLEDGE, agree and represent that I understand and am aware that cycling activities including, among others, use of CWA Marin equipment over public roads and facilities open to the public (referred to herein as 'Activity'), and transportation to and from such Activity, are Hazardous Activities involving Inherent and Other Risks of injury to any and all parts of the body.

I FURTHER UNDERSTAND that injuries in the Activity are a Common and Ordinary Occurrence and I have made a voluntary choice for myself to Accept and Assume All Risks of Injury or Death that might be associated with or result from this Activity. These include, but are not limited to, collision, equipment failure, jolts and bumps experienced during use of equipment. I acknowledge and understand that the description of the risks listed herein is not complete and I expressly assume all risks and dangers of the Activity, whether or not described herein.

To the fullest extent allowed by law, I AGREE to Release from Liability, and to Indemnify and Hold Harmless CWA Marin from any and all liability on account of, or in any way resulting from, personal injuries, death or property damage, other than as a result of CWA Marin's gross negligence, in any way connected with this Activity. I further Agree Not to Make a Claim or Sue for Injuries or Damages Relating to This Activity, other than as a result of CWA Marin's gross negligence. I understand and agree that this Agreement is intended to be as broad and inclusive as is permitted by law, and if any portion is held invalid, the balance shall continue in full legal force and effect. I agree that no oral representations, statements or inducements apart from this Agreement have been made.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I understand and agree that photographs, video and audio recordings may be taken during my participation in CWA Marin Activity. I hereby give permission and authorize the use and reproduction of said photographs and recordings by CWA Marin. All related files, recordings and prints shall become the sole property of CWA Marin.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Volunteer Assumption of Risk, Release, Indemnification and Covenant Not to Sue Agreement ("Agreement")

In consideration for permission to act as a volunteer for Cycling Without Age Marin, I, \_\_\_\_\_ (print name) on behalf of myself, my personal representatives, administrators, executors, assigns, heirs, and next of kin:

1. Volunteer Relationship; hereby acknowledge my desire to volunteer services to CWA Marin for charitable and/or humanitarian reasons. I understand and agree that as a volunteer, I am not an employee, partner, agent, representative or contractor of CWA Marin under federal, state and/or local law or regulations. I also understand and agree that because I am donating services to CWA Marin for altruistic reasons: (i) I have no expectations of any compensation, pay, fee, or benefits for the services; and (ii) I am not entitled to wages or employee benefits to which any CWA Marin employees may be entitled.

This Agreement will apply to all CWA Marin events or activities in which I provide voluntary services (referred to herein as "Service").

2. Waiver of Liability and Release: I acknowledge, agree and represent that I understand and am aware that Service including, among others, use of CWA Marin equipment over public roads and facilities open to the public, and transportation to and from such Service, are Hazardous Activities involving Inherent and Other Risks of injury to any and all parts of the body.

I further understand that injuries during Service are a Common and Ordinary Occurrence and have made a voluntary choice to Accept and Assume All Risks of Injury or Death that might be associated with or result. These include, but are not limited to, collision, equipment failure, and jolts and bumps experienced during use of equipment.

I further release, discharge and hold harmless CWA Marin, its directors, officers, employees, agents, administrators, insurers, successors and assigns (herein "CWA Marin"), from all liability and claims of any and every kind and nature, whether arising out of negligence or otherwise, for any injuries, including death and loss of property arising from Service. I hereby waive all current and future claims, whether or not known and whether or not foreseeable, against any parties arising from any loss, damage or injury, including death, to my person and property arising from my Service.

3. Indemnification: I agree to indemnify, hold harmless and defend, to the fullest extent permitted by law, CWA Marin, from and against all demands, claims, liabilities, suits, causes of action, judgments, damages, losses, penalties, and/or expenses of any kind or nature whatsoever, including attorneys' fees, arising, directly or indirectly, from or resulting, directly or indirectly, from my Service hereunder, however caused and regardless of any actions or omissions of CWA Marin. I understand and agree that this Agreement is intended to be as broad and inclusive as is permitted by law, and if any portion is held invalid, the balance shall continue in full legal force and effect. I agree that no oral representations, statements or inducements apart from this Agreement have been made.

4. Adherence to Policies and Procedures: By signing this document, I agree to adhere to, observe and obey the policies and procedures outlined in CWA Marin Procedures Manual and Checklists and in the training provided by CWA Marin.

I certify that I have reviewed and I understand this entire document and all information is true and correct.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Volunteer Application



Pilot Application

## Contact and Personal Information

Name: \_\_\_\_\_ Sex: M/F Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

Driver's Licence: \_\_\_\_\_ (include photocopy)

Police Criminal Record check completed: Yes No

## References (optional)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Comments: (office use only):

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Pilot Application

## Program Information

Do you feel comfortable assisting seniors in and out of the trishaw? Yes No

Do you feel comfortable assistng mobility challenged people in and out of the trishaw? Yes No

Do you have a cell phone to use in case of an emergency? Yes No

Do you have any experience with basic bicycle maintenance? Yes No

Do you have any medical conditions that may affect your ability to participate in Cycling without Age (i.e. heart conditions, vision difficulties, etc.)?

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What is your experience with Cycling?

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Why do you want to become a pilot for Cycling Without Age?

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What time(s) would be best to take people for a bike ride? (i.e. Mornings, evenings, days of the week)?

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Are there other ways you would like to contribute as a volunteer with Cycling Without Age?

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**Internal Use Only**

Interviewer Notes:

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Police Criminal Record check completed: Yes No

Comments:

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# COVID-19 precautions

- Sanitary wipes before and after rides
- Some choose one rider or a family / staff member per ride
- Masks
- Using sun awning as another protective barrier
- Guidelines for sanitizing the triobike after use



# The Hood - CWA Resource

The Hood is an online resource used for affiliate members to share experiences and find information they need to be part of a successful CWA chapter.

There are great group moderators who are around to keep the information on the site up to date and keep the posts organized.

Protocols, waivers, check lists, teaching plans, tutorials, hand books, guidelines etc. can be searched by country / region.



Complete the Welcome

all categories ▾ all tags ▶ **Categories** Latest New (1) Unread (1) Top +

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<ul style="list-style-type: none"> <li>Questions and Discussions × 35</li> <li>Knowledge Base - The Library × 8</li> <li>Announcements × 11</li> <li>Regional × 2</li> <li>Site Feedback × 4</li> <li>Financial &amp; Impact Reports × 3</li> <li>Trishaw - technical information</li> <li>Trishaws - in use</li> <li>Starting a chapter</li> <li>Fundraising</li> <li>Social media and websites</li> <li>Functionality of The Hood</li> <li>Marketing and merchandise</li> <li>CWA Conversations</li> </ul>	<ul style="list-style-type: none"> <li>6 / month</li> <li>your</li> </ul>	<ul style="list-style-type: none"> <li>Welcome to The Hood 0 Dec '18</li> <li>C.w.a. logo 11 21h               <ul style="list-style-type: none"> <li>Marketing</li> </ul> </li> <li>Merchandise Files 3 21h               <ul style="list-style-type: none"> <li>Marketing</li> </ul> </li> <li>Board Members 2021 0 1d               <ul style="list-style-type: none"> <li>Financial &amp; Impact Reports</li> </ul> </li> <li>How do I reset password 3 2d               <ul style="list-style-type: none"> <li>Questions and Discussions</li> <li>resources</li> </ul> </li> <li>Impact Reports 2021 4 3d               <ul style="list-style-type: none"> <li>Financial &amp; Impact Reports</li> <li>impact</li> </ul> </li> <li>Financial Reports 2021 0 3d               <ul style="list-style-type: none"> <li>Financial &amp; Impact Reports</li> <li>reports</li> <li>financial</li> </ul> </li> <li>Versicherung 4 3d               <ul style="list-style-type: none"> <li>Germany</li> </ul> </li> </ul>

**Knowledge Base - The L...** 113 1 unread

This category is for sharing knowledge and experiences about everything involving CWA. These posts should be comprehensive and maintained to reflect the current best practices for the global community. Feel free to add any expertise you have in these subcategories and topics!

- Guides and Tutorials for The Hood
- Getting Started
- Bikes
- Administration
- Marketing 1 unread
- Finance & Fundraising
- Research