

HEALTH & SAFETY NOTICE



USE OF THE QUAD BIKE at NEWTOWN PARK

Users of the Athletics Wellington Quad Bike must follow the following protocols for use

1. Be Over the age of 18 years
2. Be a holder of a Full New Zealand Driver's License
3. Be an accredited Athletics NZ Official, Coach or Volunteer
4. Wear an approved safety vest for high visibility
5. Wear an approved bike helmet
6. Ensure that the bike is pushed out of the garage before starting
7. Not exceed speed above a strong walking pace at all times
8. Cross the track and arena with care always
9. Whenever possible travel clockwise around the track [opposite to athlete running direction]
10. Ensure movement takes place at a minimal level during competitions
11. Ensure that no passengers are riding on the vehicle
12. That any object being towed or carried are secured appropriately.

Prior to your first use, as a driver you will have undertaken full instructions from current approved user for

- a. Starting and stopping by understanding the use of
 - a. Ignition and choke
 - b. Fuel supply
 - c. Breaking in an emergency
 - d. Steering and reversing
 - e. Tow hitching trailers

Tony Rogers
General Manager
Athletics Wellington