



VOLUNTEER CONSENT AND PHOTO RELEASE

Freewheels Houston is pleased to welcome you to our bike repair workshop. We repair donated used bikes that will provide mobility for people who need transportation to work, school and other destinations.

Volunteer's name (printed): _____

Freewheels volunteers agree with the following statements:

1. Safety is the most important aspect of Freewheels Houston repair days. I will familiarize myself with the shop safety guidelines on the reverse side of this form and listen to safety briefings presented by senior volunteers.
2. I will work in a cooperative manner to achieve the Freewheels goal of bringing bikes to safe, reliable operating condition.
3. If I have questions, I will discuss repair steps with a designated senior volunteer before starting.
4. I will follow instructions from senior volunteers.
5. I will use tools for their intended purposes.
6. Before leaving the shop, I will return tools to their proper location and clean my work area.

Signature: _____ Date: _____

Phone number: _____ Age (if under 18 years old): _____

CONSENT OF PARENT OR GUARDIAN

I grant permission for my son or daughter to participate in Freewheels Houston bike repair activities. I have explained to my son or daughter the importance of safety and the necessity to follow instructions.

Parent or guardian's name (printed): _____

Signature: _____ Date: _____

Phone number: _____

PHOTO RELEASE

This is optional. Freewheels will not use your image or your child's without your consent.

I hereby authorize and consent to the use of my visual image (or my son or daughter's visual image) by **Freewheels Houston** for appropriate purposes, including but not limited to: photography, videotape and digital media for use in electronic and print publications, websites and social media. I give this consent with no claim for payment.

Signature: _____ Date: _____

Freewheels Houston contact information:

Email: info@freewheelshouston.org

Phone: (281) 864-0725

FREEWHEELS HOUSTON SHOP SAFETY GUIDELINES

At Freewheels Houston, our volunteers repair donated used bikes that will provide mobility for people who need transportation to work, school and other destinations.

Working safely is the most important aspect of Freewheels Houston repair days and the key to a productive shift. All volunteers are expected to follow the following rules to ensure a safe and enjoyable experience.

1. Give your full attention to all safety briefings.
2. The restrooms are located next door to Freewheels Houston's space. (As you leave the shop, turn right.) The key is on a blue fob and it is kept on a hook on the metal pegboard in the rear workroom. Please return it when you return to the shop.
3. The First Aid Kit is located on the wall in the front workroom. Please advise a senior volunteer of any injuries.
4. Bottled water is available in the refrigerator in the back workroom. If you take a bottle, please replace it from the bottles nearby.
5. Wearing gloves and protective eyewear is recommended.
6. Do not use power tools before discussing with a senior volunteer.
7. If you have any questions about chemicals used in the shop, ask a senior volunteer or consult the Safety Data Sheet binder located in the front workroom.
8. The fire extinguisher is located on the wall next to the door from the warehouse to the workrooms.
9. Beware of slippery floors and tripping hazards. Please clean up spills immediately.
10. Bicycles can be heavy and unwieldy. Please take care when mounting a bike on a work stand. (A senior volunteer will demonstrate the proper way to mount a bike.)
11. Use tools for their intended purposes. If you don't know how to use a tool, ask for help.
12. Two adults must be present when volunteers under 18 years old are participating in Freewheels activities.
13. Ten minutes before the end of your shift, please return tools to their proper location and clean your work area. Plan your time to ensure this step is completed before the gate at the Jessamine Service Center closes automatically at 7 p.m. during Daylight Standard Time (November-March) and 8 p.m. during Daylight Savings Time (March-November).

Our goal is to bring bikes to safe, reliable operating condition. If you have questions, please discuss repair steps or other issues with a senior volunteer. Please follow instructions from senior volunteers.