

SERV OBN Blood Bikes

Hospital Familiarisation (HF)

Candidate Briefing



You should receive Joining Instructions from your Run Leader (RL) prior to the event which will confirm:

- Their contact details
- Start Time
- Start Location (specifically where to meet/park)
- Locations you will be stopping at
- Expected overall duration of the session (including breaks)
- Finish location

In return you should let them know:

- Your contact mobile number
- Any issues which may impact the session, e.g. timings for food, drink, comfort breaks, location of Epipen, ...
- Your approximate jacket size
- Confirm appropriate compliance with SERV OBN's current policy at <https://serv-obn.org.uk/2022/01/13/revised-coronavirus-policy/> or subsequent updates.

If, in advance of the day or after Joining Instructions received, circumstances change such that you can no longer attend (e.g. covid/illness, transport breakdown), please cancel your booking and let the RL know.

On the day, you will need to attend on your own bike (unless car specific event), please arrive to be ready for the run briefing, and to depart at the nominated time:

- Fuel before arriving (See individual HF briefing for rough mileage)
- Bring your mobile phone (charged and switched on)
- Wear your SERV Id card (if available), so it can be visible when on NHS premises
- Bring Face Mask(s) and Hand Sanitiser as appropriate. Note Face Mask not just a Face Covering.
- You may also wish to bring a copy of the relevant route sections' maps which can be downloaded from the website at <https://serv-obn.org.uk/courses/hospital-familiarisation-hf/>

The run leader will be wearing a SERV OBN Hi-Viz jacket during the training session. You are not required to wear a SERV OBN jacket whilst riding (please wear your own Hi-Vis) but it is essential when inside Hospital premises. **Please remain with the RL when on Hospital premises.**

The run:

Prior to the run you will be required to sign the SERV OBN Hospital Declaration as proffered by the run leader.

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The run will operate under a 'Buddy system' so you should always ensure you can see the rider behind so they too can follow the route. (note the identifying features of the riders in front and behind you before you set off).

The run will be lead at a pace appropriate to advanced riders; *safe smooth, systematic and legal with progress appropriate for the road, traffic and weather conditions.*

The RL will wait at any significant junction on the route to ensure you are in sight so you should not feel pressured into any unsafe actions;

- If anyone performs an overtake, please ensure it is 100% safe to follow.
- If anyone becomes separated from the group, they should continue to follow the route ahead until the next significant junction
- If you are unable to continue, please contact the RL to let them know.

At all times you must ride for yourself and be responsible for your own actions.

When on duty you will also be responsible for the safe delivery of the precious cargo, which might be a priceless lifesaver for the intended recipient (blood/platelets) or donor (samples).

Please remember that the route to be followed in these sessions is for practicality and convenience and may not follow the individual Preferred Routes between hospitals.