

# Blender Bike User Guide and Agreement

The Blender Bike borrowing program exists to promote healthy eating and physical activity at school and community events in the Nipissing and Parry Sound districts. The Blender Bike and supporting materials may be borrowed by schools and not-for-profit organizations. The Blender Bike can blend foods and beverages, such as smoothies, through the motion of pedaling the bike.

## Transportation

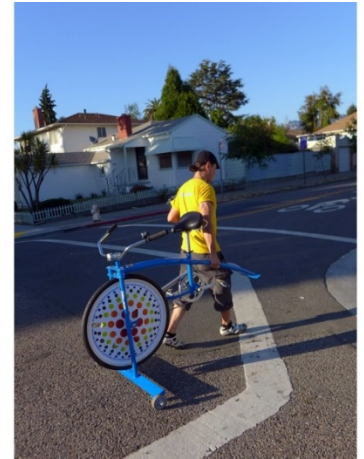
The Blender Bike requires a minimum of two people to transport it. A larger vehicle (i.e., van, SUV or truck) is required to transport the bike; it will not fit into a regular car. Its dimensions are 60" (152 cm) long, 42" (107 cm) tall, and 30" (76 cm) wide. The Blender Bike weighs approximately 80 lbs (36 kg). Wheels allow the bike to be easily rolled on flat surfaces; they pivot down to contact the ground when the rear of the frame is lifted. Please note that you are responsible for pickup and drop off from our North Bay or Parry Sound office.

## Setup

- Prior to use, inspect and test the bike to ensure it is in good working order. Check all screws and tighten as necessary.
- Check tire pressure. When squeezing the tires using your thumb and forefinger, there should be a bit of give. Use an air pump to adjust pressure if low.
- Always set up the Blender Bike on stable, even ground.

## Safety

- Two or three people must be available to supervise and operate the Blender Bike. If young children are riding the bike, it is recommended that one person acts as a spotter and helps young participants get on, off, and ride the bike. This person can also be responsible for adjusting the seat height for each rider. The other one or two people can layer ingredients in the blender, install the blender, prepare samples for the group, and assist participants with washing hands prior to sampling.
- The bike can be used by participants with heights between 3'8" (112 cm) and 6'3" (191 cm).
- Adjust the seat height by opening the silver lever located under the seat. Be sure to close the lever once the seat height is adjusted. Do not adjust the seat while a rider is on the bike.
- A rider's seat height should be the equivalent of the rider's hip height when standing next to the Blender Bike. When on the Blender Bike, a rider's leg should have a slight bend in the knee at the bottom of the pedal stroke.
- Riders should begin pedaling with the pedals in the horizontal 9 and 3 o'clock positions, not the vertical 6 and 12 o'clock positions.



- Do not allow riders to stand on the pedals. Children often want to do this to gain momentum while pedaling, but this can potentially cause injury as pedals can slip and hit the rider in the shin.
- Suitable footwear must be worn when riding the Blender Bike (e.g., running shoes).
- Remove jewelry, lanyards, scarves or any other item that could catch on the bike while in use.
- Keep hands away from moving parts of both the blender and bike.
- Do not use the Blender Bike to blend hot foods, such as soups. Blending hot liquids can result in steam forcing the lid off of the blender.

### Blender Operating Instructions

- Ensure the base of the blender jug (where the blades are housed) is assembled. The grey seal should be firmly attached to the bottom of the blender jug.
- Fill the blender jug with ingredients before attaching it to the Blender Bike, then securely fit the lid onto the jug.
- If using frozen fruit or vegetables, we recommend they be partially thawed and/or chopped into smaller pieces.
- When layering ingredients in the blender, add soft and small ingredients (e.g., bananas, blueberries, yogurt) first into the bottom of the blender. Add larger and harder ingredients (e.g., fruit chunks) above the small, soft ingredients. Lastly, finish by adding liquids.
- Fit the jug onto the blender platform (black disc on the front of the bike), making sure the base of the jug fits properly onto the square metal peg that will turn the blender blades.
- Check the blender and the blender lid to ensure they are secure. Use the black elastic straps to securely fasten the blender jug in place.
- Once everything has been safely secured, the rider may start pedaling fast enough and long enough to blend the ingredients. When using the Blender Bike with a group, we suggest allowing each rider to ride for a set amount of time (e.g., 10 seconds) to give more people the chance to pedal. Try using a countdown: “5, 4, 3, 2, 1!” with a big cheer for the pedaler at the end.
- Ensure the bike wheel has come to a complete stop before removing the blender.



### Safe Food Handling

At least one certified food handler must be present when the Blender Bike is being used. Visit our [website](#) for information about obtaining food safety certification.

If your event is open to the community, please submit an [Application and Notification for Community Events and Farmers Markets](#) to the Health Unit 15 days before your event. Once we have received your application, the Public Health Inspector responsible for your area will contact you to process it. Schools are not required to fill in this application.

To reduce the risk of food-borne illness, there are basic safe food handling principles that must be followed:

- All food preparation must be done in a kitchen inspected by the Health Unit.

- All food handlers must practice good personal hygiene by frequently washing their hands, not smoking, wearing clean clothing, and confining their hair.
- A hand washing station, used only for hand washing, must be present. This station must have potable water, liquid soap in a dispenser, and paper towels.
- An appropriate dishwashing method must be available to wash, rinse, and sanitize any utensils and equipment.
- Potable water must be present for use in the preparation of any foods.
- Foods must be in sealed or covered containers to protect them from potential contamination.
- All hazardous foods are to be maintained, transported, and displayed at:
  - -18°C (0°F) or colder for frozen food, and/or
  - 4°C (40°F) or colder for refrigerated foods
- Food products and equipment must be stored 15 cm above the floor surface.
- All food-contact surfaces must be washed with soapy water and then sanitized with an appropriate sanitizer (e.g., bleach and water mixture at 200ppm). Sanitizer strength must be checked using the appropriate test strips before use.
- A canopy must be used to protect any outdoor food storage and preparation areas.

### Food Allergies

We cannot guarantee the Blender Bike is allergen-free, as it is used by a variety of community partners. Ensure Blender Bike participants are asked if they have any food allergies prior to sampling the food prepared with the bike.

### Healthy Eating

The borrower is responsible for using the Blender Bike to promote health and wellbeing by making recipes that support healthy eating. Recipe ideas include smoothies featuring vegetables and/or fruit, salad dressings, sauces (e.g., pesto), and bean dips (e.g., hummus). Recipes are available upon request by contacting [nfvp@healthunit.ca](mailto:nfvp@healthunit.ca) or 1-800-563-2808 ext. 5376.

### Cleaning the Bike

Before and after using the Blender Bike:

- Wash, rinse, and sanitize all of the bike's surfaces (including the seat, handle bar grips, and frame).
- Wash the blender(s) and supporting equipment in hot soapy water, rinse, sanitize, and allow to air dry on a clean surface.

### Costs

The borrower is responsible for purchasing ingredients and all items required to serve recipes. The Blender Bike is only available for use by not-for-profit organizations; it cannot be used to generate a profit.

### Troubleshooting

Visit Rock the Bike's [website](#) to troubleshoot other issues that may arise, such as detangling the bike chain, installing the wheel, adjusting the blender platter, and dealing with torque slip (a loud, high pitched noise).

## Damage to Property

The North Bay Parry Sound District Health Unit is the owner of the Blender Bike. Whoever borrows the bike shall return the bike and accompanying parts and materials in the same condition as when received, subject to reasonable wear and tear. The borrower agrees to store the Blender Bike safely until returned to the owner. In the event of an accident and/or incident with the Blender Bike, the user must report the details to the owner as soon as possible, by emailing [nfvp@healthunit.ca](mailto:nfvp@healthunit.ca) or calling 1-800-563-2808 ext. 5369. Pending a review of the damage, the borrower may be required to pay a damage fee.

## Liability Insurance

The borrower must have liability insurance in order to borrow the Blender Bike. During the term of this agreement, the borrower shall maintain in full force and effect general liability insurance for a minimum of \$2,000,000 for any one occurrence. Such insurance shall name North Bay Parry Sound District Health Unit as additional insured, but only with respect to this agreement.

The general liability insurance shall include at least the following:

Products and completed operations;  
Personal injury;  
Cross liability;  
Contractual liability.

## Mutual Indemnification

The Health Unit agrees to defend, indemnify and save the Blender Bike borrower harmless from all loss, cost, expense, judgment or damage on account of injury to persons including death or damage to property, in any way caused by the negligence of the Health Unit, its servants, agents or employees related to or arising out of programs or other matters to which this agreement pertains, together with all legal expenses and costs incurred by the Blender Bike borrower in defending any legal action pertaining to the above.

The Blender Bike borrower agrees to defend, indemnify and save the Health Unit harmless from all loss, cost, expense, judgment or damage on account of injury to persons including death or damage to property, in any way caused by the negligence of the Blender Bike borrower, its servants, agents, or employees related to or arising out of programs or other matters to which this agreement pertains, together with all legal expenses and costs incurred by the Health Unit in defending any legal action pertaining to the above.

## Agreement

- As the borrower of the Blender Bike, I agree to follow the terms of use as outlined above.
- I have provided proof of liability insurance, with the Health Unit named as additional insured.
- I confirm at least one of the Blender Bike supervisors has their [Safe Food Handler Certification](#).
- If the event is open to the public, I have submitted an [Application and Notification for Community Events and Farmers Markets](#). This is not required for school events.

Printed Name: \_\_\_\_\_

Organization: \_\_\_\_\_

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

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