



## Gravel Biking Volunteer

### Program Season:

Spring and Fall (April, May, and September).

### Summary:

Volunteers support adult participants (ages 18+) who can independently ride a bike or trike on varied terrain and may have intellectual, developmental, cognitive, or physical disabilities. Rides range from 5–12 miles on flat or railroad-grade trails at a casual pace. Participants may use standard bikes, adaptive trikes, handcycles, or tandems. Volunteers may work one-on-one with participants or with small groups. Bikes and helmets are available, though volunteers are encouraged to bring their own.

### Responsibilities:

- Ride alongside participants 1:1 or in small groups on gravel trails
- Support participants while practicing basic biking skills and trail etiquette
- Assist with casual group rides of approximately 5–12 miles on mostly flat or railroad-grade trails, adjusting pace and distance based on participant needs
- Help troubleshoot minor bike issues on the trail, including chain derailments and tube replacement
- Build rapport with participants by committing to a consistent 3-week lesson series when possible
- Assist Outdoors for All staff with setup and cleanup of event, which could include moving bikes
- Help staff care for and properly organize gravel bikes.

### Expectations:

- Age 18+
- Able to easily ride 15 miles at a pace of 10 mph, for up to 3 hours
- Be able to ride in all weather conditions unless deemed dangerous. Be prepared for rain and chilly weather, as well as sunny conditions.
- Be able to independently or with minimal assistance set up and transfer onto your own bike. If you need reasonable accommodation, please let us know upon registration.
- Ability and desire to work with a wide variety of personalities, skill levels, and abilities.
- Ability to commit to all responsibilities and expectations
- Pass a Washington State Background check
- Equipment: It is encouraged to bring your own helmet and bike. Please let us know as soon as possible if you need to borrow a helmet or bike. Helmets are required.

### Training:

- Complete online training before your first day: [Enroll Here](#)
  - New Volunteer Orientation – *first-time volunteers*
  - Participant Protection Policies – *required annually*
  - Disability Awareness – *required once*

Outdoors for All staff reserve the right to terminate volunteers when deemed necessary. Failure to follow the expectations and responsibilities listed above may result in consequences such as reassigned job responsibilities and/or dismissal from program depending on severity of infraction