

City of Pa①merston

Smoothie Bike

User.s. Guide

City of Palmerston - Smoothie Bike

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| 1 x Smoothie Bike (green) |
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| 1 x Blender kit (includes 2 jugs and lids) |
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Keep It Safe, To Keep It Fun

The following information is intended as a guide for safe use of the smoothie bike. It is not exhaustive. It is the responsibility of the borrower to conduct their own risk assessment prior to use and to ensure due care at all times.

Before using:

- Wash blenders with soapy water
- Rinse
- Clean and dry all items

Preparation (pre-event) safety

- Inspect and test the bike to ensure it is in good working order
- Wash blender and other food tools in warm, soapy water. Rinse
- Plan appropriate hand hygiene and food storage.
- Plan adequate sun protection for those waiting in line if outdoors

Setup safety

- Re-Inspect and test the bike to ensure it is in good working order
- Setup rubbish bins/bags as required
- Set up eskies and containers for food storage
- Set up hand hygiene station (as required: gloves, soap and water or sanitising hand wipes, disposable paper towel, food handling gloves if required)
- Set up buckets to wash and rinse blenders (soapy water bucket, rinse water bucket, larger crate to tip water into)
- Always set up the Smoothie Bike on even, stable ground. If it's just a little bit unsteady while in use, stand facing the front of the bike, steady the front brace with a foot and steady the frame with your hands if necessary, while the user is pedalling.
- Always set and keep a clear exclusion zone around the bike and supervise closely to make sure waiting children can't reach any moving parts (eg. mixer, wheel, chain). Use Chalk to mark an exclusion zone if you're on concrete or you could also use rope, tape or line marking chalk/paint depending on the surface.

Food handling safety

- Store food at appropriate temperatures (eg. in an esky with ice) and protected from flies.
- Clean your hands and change gloves at the start (and throughout the event as appropriate), before touching any foods.
- Avoid directly touching foods wherever possible (eg. pour straight from packets into the blender, peel each banana as needed, use a spoon to get ice cream off the ice cream scoop or other spoon).

City of Palmerston - Smoothie Bike

Cleaning safety

- Wash blenders and scoops/spoons in soapy washing water then rinse (before use as well as periodically during use).
- After our event, clean all items thoroughly. Disassemble jugs by unscrewing black attachment section at base. Clean all pieces. Dry thoroughly and reassemble.
- Take care to avoid the blender blades when cleaning. They're very sharp. Use a long-handled brush to wash jugs while they're assembled and to clean the blade section at all times.

Allergy safety

- Display a board listing the smoothies available and the ingredients of each (allergy awareness)
- Check with each rider if they have any food/drink allergies (especially if unaccompanied)

Safety in use

- Suitable footwear must be worn by each user. No bare feet.
- Tuck long shoelaces into shoes, so they won't catch on moving parts.
- Remove or tuck in long necklaces, lanyards or any other items that could catch on the bike while leaning forward or climbing on or off.
- Watch carefully as children climb on and off the bike and while they're on it. Warn users before starting not to touch anything other than the bike handles. Make sure they don't reach for any moving parts.
- Test to make sure the rider can reach the pedals and handle bars comfortably once seated and once they start pedalling. If not, ask for a stand-in person to pedal for them. They must stay seated to pedal.
- Adjust the seat height as necessary for safe riding. Never adjust while someone is on the bike.
- Only one person on the bike at a time – never holding a child.
- Keep the lid on the blender when it's connected to the bike. Never insert hands or objects into the blender when connected to the bike.
- Avoid touching sharp blender blades at all times.
- If the blender lid has to be held in place during use, take care to only hold the jug and lid. Keep hands well away from all moving parts of the bike.
- Be sure the wheel has stopped turning and that no-one will be touching the bike pedals before touching any parts around or beneath the blender platform.

Making a Smoothie

Make sure the base of the blender jug (where the blender blades are housed) is assembled, including the grey seal, firmly engaged and firmly attached to the bottom of the blender jug

- Fill the jug with ingredients before attaching the jug to the smoothie bike
- Fit the lid onto the jug
- Fit the jug onto the blender platform (black discs on the front of the bike). Make sure the base of the jug fits properly onto the square metal peg that will turn the blender blades
- Check the blender and blender lid. You might need to hold the blender lid on during pedalling
- Once ready and all safe, ask cyclist to start pedalling. Pedal fast enough and for long enough to blend ingredients and froth the drink
- Bring the bike wheel to a complete stop before removing the blender

City of Palmerston - Smoothie Bike

- Pour the smoothie in the cup and enjoy (yum!)
- To stop the blender before the bike wheel stops turning or if you otherwise need to disconnect the blender attachment from the bike wheel: use the flat-head screw driver to loosen the silver bolt on top of the black blender platform and then twist the platform clockwise.

Ideas to help your Smoothie Bike sessions run smoothly.

- We recommend you have 2 people working together on the smoothie bike. You'll need to supervise riders, manage/supervise the line, load up the blender with ingredients and clean the blender periodically.
- Allow time to get the food area and bike set up before you let people line up or pay.
- Pour ingredients such as frozen berries, yoghurt and milk straight from the containers or packets if possible, to reduce food handling and mess.
- Keep any cold or frozen ingredients that aren't in use in the ice and in a good esky.
- Keep items in use out of the sun and in ice if possible
- Bananas don't need to be pre-prepared. Peel each banana as needed. Squeeze out the top half of the banana, then store the other half (still in the skin) until needed.
- Get an idea of minimum height for safe riding (able to pedal properly while still seated), so you can spot the kids that might be too small and ask for a taller friend or parent to ride the bike for them.
- Allow approx. 2–3 minutes per smoothie (20 -30 smoothies per hour) if you have
- 2 people helping