



## CompuTrainer Guidelines and Policies

In order to get classes started on time we would like to adopt the following procedures:

1. Arrive 15 minutes prior to class time.
2. Set up and secure your own bike on the CompuTrainer.
3. Purchase a trainer skewer and have it on your bike at all times. You can purchase one from us if you need to. They are \$15.00.
4. Have both tires properly inflated. If you need to inflate your tires, please arrive a few minutes earlier to do so.
5. Knowledge of how to warm up and calibrate the trainer.
  - a. Spin for 5 minutes with your connection to the PC disconnected (not plugged into the yellow box).
  - b. Get your speed up to 25 miles per hour. Stop pedaling. Note the number on the box. It should be between 2.25 and 3.50. That number does not make the machine any harder or easier. Repeat this process for a total of 3 times. The number should remain around the same each time
  - c. Push F3 to calibrate. This is a very important step!
  - d. Plug the connection to the pc ext into the yellow box. You should see PRO on your box
  - e. Once everyone is calibrated the class will begin.
6. Please bring plenty of fluids for your ride.
7. Please place all gym bags in the changing room.
8. Disconnect wires from the bike and take bike off the trainer once you have finished your ride.
9. Please clean up your area after your ride. Towels are provided to wipe down the platforms.

### Policies:

1. Missed classes are non transferrable. There will be no make-ups for missed classes.
2. Twenty four hours notice is required for cancellation. Cancellations inside of 24hrs or no-shows will be charged for that session.
3. Punch cards expire 90 days from the date of purchase.
4. People who sign up for one of the 12 week courses are guaranteed a seat in that class. Open seats are available on first come first serve basis.

*BVHP is not responsible for any damage to the bike that may occur from being put on the trainer. Please make sure the bike is aligned in the center of the erg, fastened securely, and the wheel does not slip in the trainer. The trainer can put a lot of wear and tear on your back tire. BVHP is not responsible for any damage to the back tire. We recommend you use either an old tire or purchase a trainer tire.*

*I have read, understand, and agree to the guidelines and polices stated above.*

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

