

# Blind Sports Nova Scotia TANDEM BIKE CLUB Welcomes Volunteers!



## How it Works

Tandem biking (on a bicycle for 2), with the help of a volunteer pilot, makes getting active in the great outdoors with friends, family, and peers more accessible for individuals who are blind and partially sighted. A pilot rides in front, steering, shifting gears, and communicating effectively with the stoker (person riding on the back seat).

## Ways to Ride with Us

**Become a Pilot** - Receive training from an experienced pilot then choose to pilot for individual requests and/or group and event rides! You should be confident riding a bike, have experience riding in different environments, and be a good verbal communicator.

**Become a Driver** - While our tandem bikes are lightweight, they are long and awkward to transport, so volunteers with pick up tricks (or bigger!) can assist us with pickups & drop-offs.

## Get in Touch

Email: [tandembikes@blindsportsnovascotia.ca](mailto:tandembikes@blindsportsnovascotia.ca)

Message us on Facebook - Blind Sports Nova Scotia or Twitter - @BlindSportsNS

[www.blindsportsnovascotia.ca](http://www.blindsportsnovascotia.ca)



Blind Sports Nova Scotia  
Équipe Sport pour tous



CANADIAN COUNCIL  
OF THE BLIND



LE CONSEIL CANADIEN  
DES AVEUGLES

a lack of sight is not a lack of vision



Canadian Blind Sports  
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sport makes a difference

