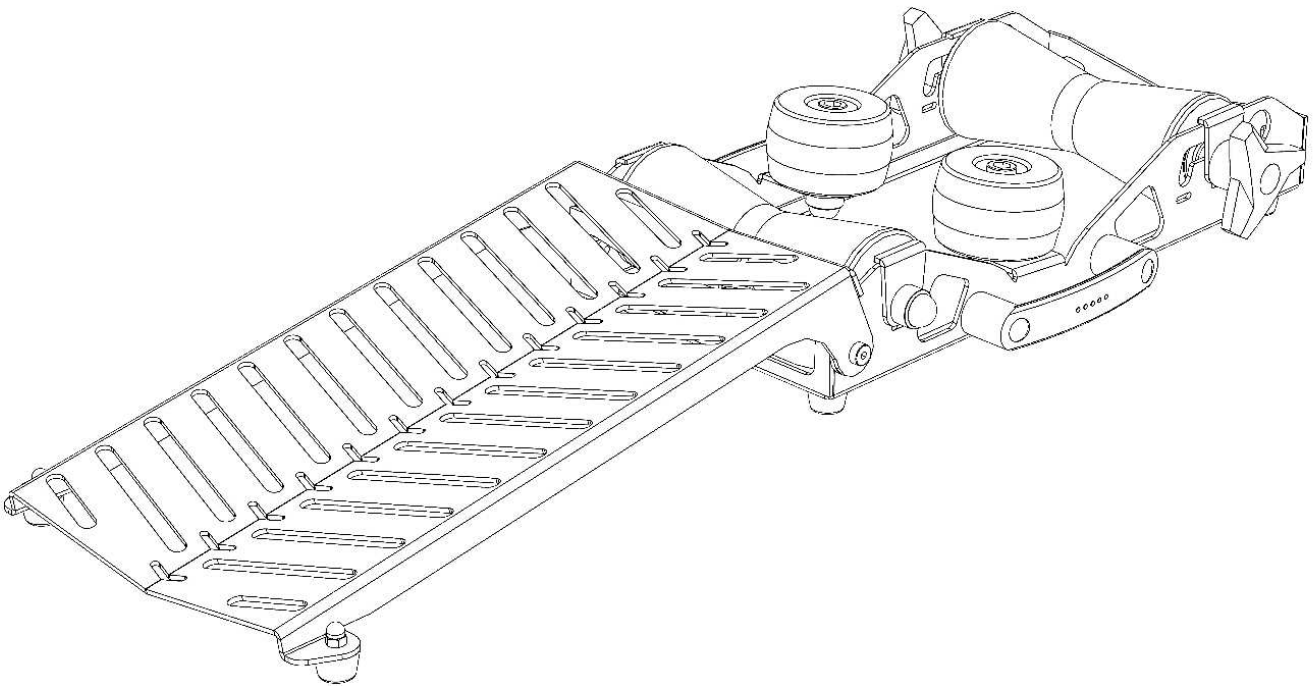




**VELOTRAIN**  
• ACCESSIBLE ROLLERS •



**Velotrain® Accessible Rollers – VT500 Instruction Manual**  
**Including Standard Black (VT500-SB) & High Contrast Orange**  
**(VT500-HCO) models.**

**EN – ENGLISH - v1.0 2025**

## Contents:

<b>1.0</b>	<b>Safety Standards &amp; Product Classification</b>	<b>2</b>
<b>2.0</b>	<b>General Information &amp; Warranty</b>	<b>2</b>
2.1	Product Description	2
2.2	Manufacturer Information	2
2.3	Manufacturer Warranty	3
<b>3.0</b>	<b>Intended Use</b>	<b>3</b>
<b>4.0</b>	<b>Limitations of liability</b>	<b>4</b>
<b>5.0</b>	<b>Safety &amp; Risk Management</b>	<b>4</b>
5.1	Safety Symbols	4
5.2	General Safety Warnings	5
5.3	Maximum User Weights	5
5.4	Foreseeable Misuse	5
<b>6.0</b>	<b>Product Overview</b>	<b>5</b>
6.1	Setup	6
6.1.1	Adjusting the rollers for drive wheel size	6
6.1.2	Drive wheel Fit Guide:	7
6.1.3	Adjusting the guide wheels	8
6.1.4	Unfolding the ramp	9
6.1.5	Setting up on a flat surface	9
6.2	Usage	10
6.2.1	Adapted cycle compatibility	10
6.2.2	Mounting procedure & transfers	10
6.2.3	Braking non-drive wheels for stability	11
6.2.4	Cycling & Training using the rollers	12
6.2.5	Disembarking from the rollers	13
6.3	Storage & Transportation	13
6.4	Maintenance & Cleaning	15
6.5	Troubleshooting	16
<b>7.0</b>	<b>General cycling and home training safety advice</b>	<b>17</b>
<b>8.0</b>	<b>Product technical data</b>	<b>18</b>
<b>9.0</b>	<b>Declaration of Conformity</b>	<b>19</b>

## 1.0 Safety Standards & Product Classification

**Velotrain®** Accessible Rollers conform to **BS EN ISO 20957-1 2013** Stationary Training Equipment Part 1 General Safety Requirements and Test Methods, for the following Classes;

**Class S (Studio):** professional and/or commercial use.

**i** **NOTE;** Such stationary training equipment is intended for use in training areas of organisations such as sport associations, educational establishments, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).

**Class H (Home):** domestic use.

**i** **NOTE;** Such stationary training equipment is intended for use in private homes where access to the equipment is regulated by the owner (person who has the legal responsibility).

**Class I:** professional and/or commercial use provided for inclusive use for people with special needs (e.g. visual, hearing, physical or learning disabilities).

Such equipment shall also follow **Class S** requirements (see above).

**i** **NOTE;** Such stationary training equipment is intended for use in training areas of organisations such as sport associations, educational establishments, hotels, clubs, rehabilitation centres and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).

### ADDITIONAL NOTES.

**i** **Velotrain®** Accessible Rollers are not intended for children under 14 years of age other than for educational purposes in schools and other pedagogical contexts for children **under the surveillance of a qualified adult instructor**.

**i** If a user has special needs (medical rehabilitation, disability) it is essential that the owner (the person with legal responsibility) **conducts a specific risk assessment** to determine safe use and if necessary to ensure trained staff are available to supervise the activity.

## 2.0 General Information & Warranty

### 2.1 Product Description

**Velotrain®** Accessible Rollers are stationary training rollers designed specifically for rehabilitation training, para-sport training, and inclusive cycling exercise. The equipment is intended for use with non-standard or adapted cycles, including recumbent and upright tricycles (either Delta or Tadpole configuration), adapted upright cycles and wheelchair handcycle or cycling attachments. The product allows controlled stationary cycling while enabling progressive balance, coordination, and cardiovascular training. The design supports inclusive and independent use by Disabled athletes and cyclists with reduced mobility, or with appropriate supervision and assistance where required for users with more severe impairments.

### 2.2 Manufacturer Information



**Manufacturer:** Active Linx Ltd, Allia Future Business Centre, London Road, Peterborough. PE2 8AN

**Product Name:** **Velotrain®** Accessible Rollers – VT500

**Product Models:** Standard Black (VT500-SB) & High Contrast Orange (VT500-HCO)

## 2.3 Manufacturer Warranty

Before setting up and using **Velotrain**® Accessible Rollers, this instruction manual must be read and understood as it contains important information for safe use and ongoing maintenance to prevent any harm to the user, damage to any cycling equipment and to avoid invalidating your product warranty. Please save for future reference.

**Velotrain**® Accessible Cycling is a brand owned and operated by Active Linx Ltd who are the manufacturer and UK distributor of **Velotrain**® Accessible Rollers. Active Linx Ltd guarantees that **Velotrain**® Accessible Rollers are free from defects and are fully functional.

The warranty covers all faults and defects that are verifiably attributable to faulty construction, substandard materials, or poor workmanship. Warranty claims should first and foremost be made to the source of purchase, whether online or through a dealer or distributor from whom the product was purchased.

The warranty does not cover normal wear and tear, improper handling, setup and use, accidental damage, poor maintenance, or faults that are due to circumstances beyond our control. The warranty is voided if any modifications are made to the **Velotrain**® Accessible Rollers outside of the definitions in this instruction manual.

The warranty does not cover costs arising from shipping and travel expenses, labour costs or repair fees. The terms of the manufacturer's warranty are **12 months from the date of purchase**. Your statutory rights are not affected.

**i** **DEALERS & DISTRIBUTERS;** This instruction manual must be provided to the user of **Velotrain**® Accessible Rollers or the person who has legal responsibility, with every purchase.



Current versions of the instruction manual can also be found at <https://velotrain.com/hub/category/productinfo>

## 3.0 Intended Use


**Velotrain**® Accessible Rollers are intended to be used as a stationary trainer for adapted or non-standard cycling equipment with a single drive wheel, often in a tricycle format (either delta or tadpole) but also including wheelchair cycling attachments, handcycles and recumbent tricycles with drive wheel sizes from 12" up to full size 28" (700c). Most adapted and non-standard cycles (tricycles) utilise a drive wheel between 16" and 24" to suit the seat configuration and riding position.


**! CAUTION** - Please **refer to the instruction manual for your cycling equipment** to ensure you follow the guidelines for safe use and maintenance requirements first and foremost in order to validate the safe and proper use of **Velotrain**® Accessible Rollers for stationary training with your adapted cycle.


**Velotrain**® Accessible Rollers can be used at home, in a training studio (for professional/commercial use) or outdoors on any firm level and stable surface, as a stationary trainer, with most single drive wheel tricycles for the following purposes:

- a) Individual exercise or rehabilitation programmes.
- b) Body building or body styling.
- c) Trackside, for warm-up and cool-down activities.
- d) Health/fitness training and regular exercise routines at low or higher intensity.
- e) In exercise studios, gyms, or inclusive fitness classes.
- f) Physical education (under supervision).
- g) Training specific to competition and related sports activities.
- h) Preventive treatment and rehabilitation.

**Velotrain®** Accessible Rollers are designed for use on a stable flat and even outdoor, or indoor flooring surface to provide a low resistance 'rolling road' without the need to fix or mount your adapted cycling equipment (on the axle or wheel forks or directly onto a drive sprocket) in order to utilise your tricycle (or similar) for static training without any (further) modifications or fixings, whilst maintaining its suitability for outdoor cycling, as designed, without the need to un-attach or further setup.

 Use in rehabilitation or para-sport settings must be **professionally supervised**, particularly during initial sessions.

 The equipment is **not a medical device** and is not intended to diagnose, treat, or prevent medical conditions.

 The equipment is **not intended** for medical rehabilitation without prior professional advice, or for independent use by children.

## 4.0 Limitations of liability

Active Linx Ltd accepts no liability for injury or damage caused by any of the following.

- a) Non-compliance with this instruction manual.
- b) Non-compliance with the cycling equipment instructions.
- c) Incorrect use.
- d) Accidental damage.
- e) Natural wear and tear and cosmetic damage.
- f) Incomplete or incorrect product setup before use.
- g) Incorrect use or use with incompatible cycling equipment.
- h) Modification or additional fixings.
- i) Replacement of unauthorised components.
- j) Removal of components.
- k) Unsupervised use, where legal responsibility or risk assessment dictates the need.

## 5.0 Safety & Risk Management

General safety advice for cycling applies. We recognise that people use their adapted cycling equipment to suit their condition and ability and recommend that users do what they have found to work best for them as individuals. Nonetheless, this manual contains important safety information for the protection of the cyclist and any assistants, for safe use of **Velotrain®** Accessible Rollers.

### 5.1 Safety Symbols

The following symbols may appear on the product or in this manual:

 **WARNING** – Yellow warning triangles. Be aware of a potential hazard that could result in injury.

 **CAUTION** – Take care, risk of equipment damage or minor injury.

 **NOTE** – Pay attention, important operational information.

## 5.2 General Safety Warnings

**⚠ WARNING** - Consult a medical professional before beginning any exercise-based rehabilitation or recovery programme.

**⚠ WARNING** - Always keep children and pets well clear of the equipment.

**! CAUTION** - This equipment must be used only as described in these instructions.

**! CAUTION** - It is important to slowly and gradually build up your training, especially where joints and muscle groups have been inactive for a long period. Your joints and tendons can be vulnerable after prolonged inactivity therefore check them for any redness, swelling and unusual heat after cycling. If any of these symptoms are present, you must reduce the intensity and / or frequency of your training to give your body enough time to recover. If you are unsure please contact your physical therapist or doctor.

**i NOTE** – Always use the equipment on a level, stable surface.

## 5.3 Maximum User Weights

**⚠ WARNING** - Maximum user mass: **100 kg** - Do not exceed this limit. Exceeding the maximum user mass (in addition to the maximum equipment mass) may result in structural failure and serious injury.

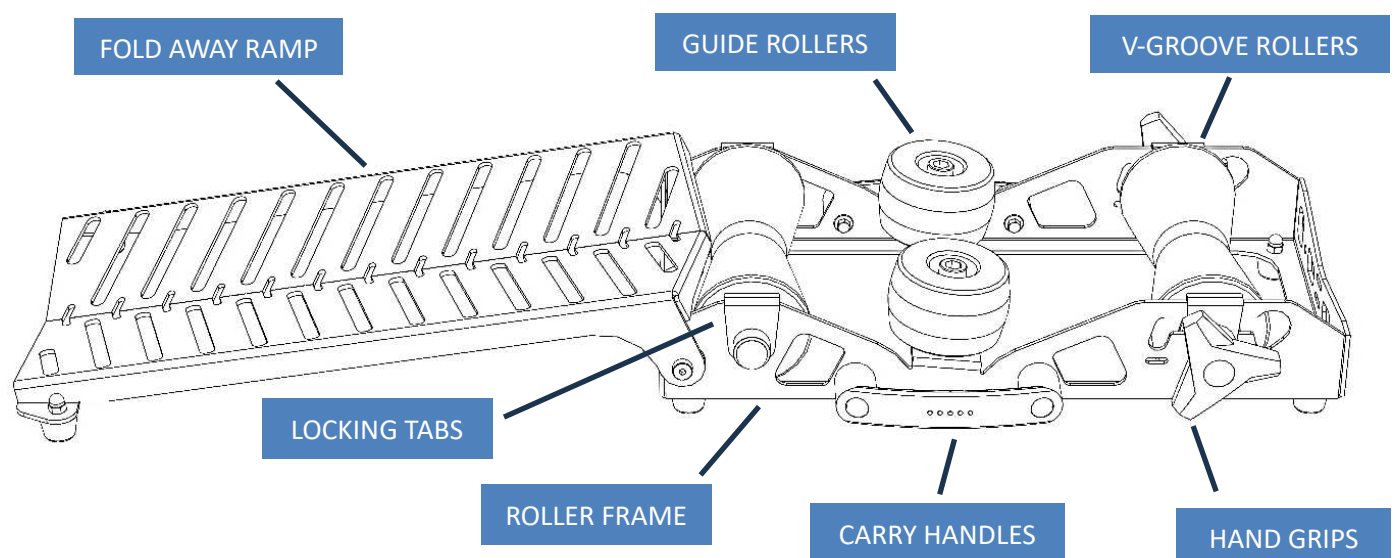
**⚠ WARNING** - Maximum cycle equipment mass: **50 kg**

## 5.4 Foreseeable Misuse

The following uses are considered misuse and are prohibited:

- Additional loading, sitting, standing or riding over **Velotrain®** Accessible Rollers
- Using the equipment without a suitable tricycle correctly mounted
- Modifying the structure or components
- Using the equipment on unsuitable and uneven terrain or in wet or icy environments.

## 6.0 Product Overview



## 6.1. Setup

Unpack the **Velotrain®** Accessible Rollers from the Store and Go bag or product box and retain the foam inserts & packers for storing or transporting the product securely in the bag or box. Ensure that the hand grips are tightened securely and check that the products rollers rotate freely without obstruction.

### Installation environment

**i NOTE** - Ambient temperature: 5°C to 35°C

**i NOTE** - Minimum clear space: **600 mm** around the equipment (as required by BS EN ISO 20957-1) with at least one meter (**1m**) of clear run up space in addition to the room needed for your adapted cycling equipment. A large indoor room, garage or similar sheltered space is ideal or outside use in fair weather on firm and level ground is also suitable.

#### 6.1.1. Adjusting the rollers for drive wheel size

To adjust **Velotrain®** Accessible Rollers to suit your drive wheel size:



- 1) Undo the hand grips (winders) on each side.
- 2) Release the orange locking tabs.
- 3) Lift and slide the adjustable V-groove roller to match your drive wheel fit (see below).
- 4) Refit the orange locking tabs and tighten the hand grips to lock back into place.

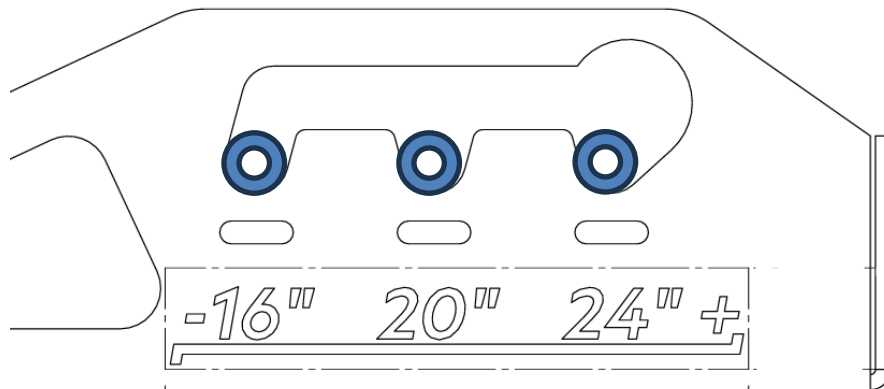


**! CAUTION** – Using **Velotrain®** Accessible Rollers with the incorrect position for your drive wheel size will diminish the freewheel effect of the rollers and could cause equipment damage or minor injury from wheels slipping or jamming.

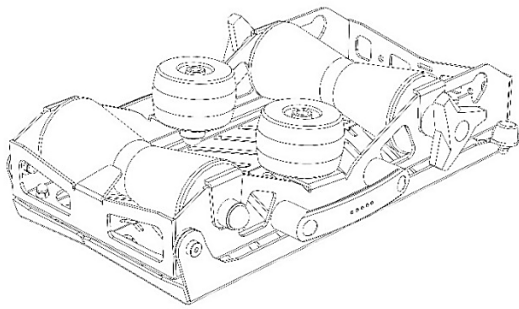
**! CAUTION** – Ensure the hand grips are retightened back onto the orange locking tabs to secure the V-groove rollers in position to avoid the risk of equipment damage or minor injury.

### 6.1.2. Drive wheel Fit Guide:

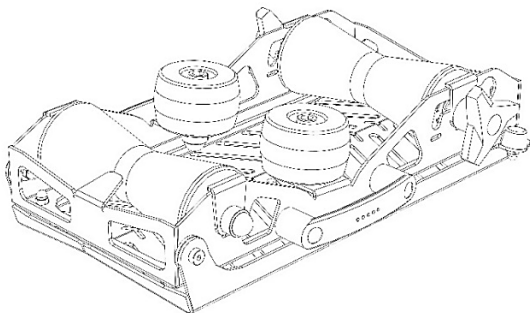
**Velotrain®** Accessible Rollers have been designed to work with a full range of drive wheel sizes with three adjustable positions for the v-groove rollers to suit smaller wheels in the front position, mid-range wheels in the mid position and larger drive wheels in the rear position as follows.



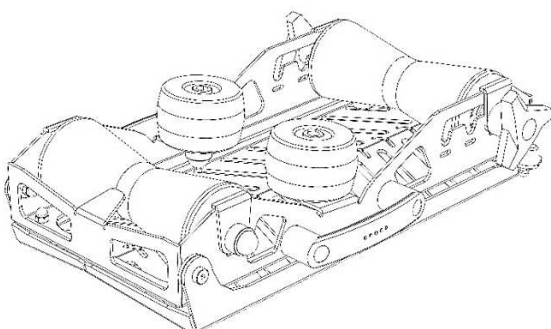
- For a drive wheel sized 12" to 16" mount the V-groove roller hub in the front **16"** position.



- For a drive wheel sized 16" to 20" mount the V-groove roller hub in the mid **20"** position.



- For a drive wheel sized 24" or over (up to 28" or 700c) mount the V-groove roller hub in the rear **24"** position.



### 6.1.3. Adjusting the guide wheels

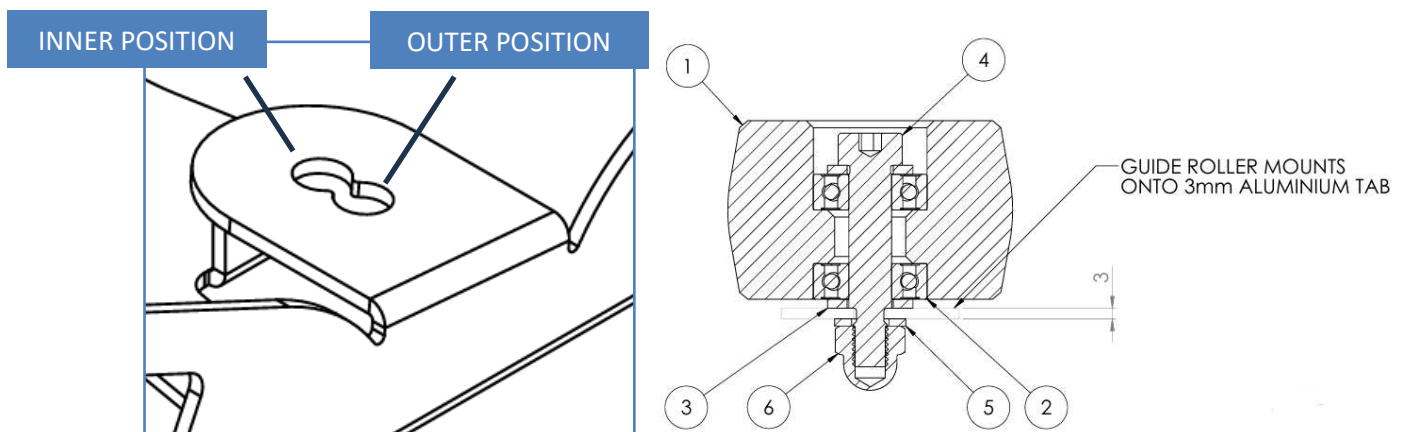
**Velotrain**® Accessible Rollers include guide rollers on either side of the main V-groove rollers. These guide rollers help keep your drive wheel in the correct central position while you pedal, without restricting your natural cycling movement. If your adapted cycle has a **wide profile tyre** on the drive wheel which is wider than **60mm**, you'll need to adjust the guide rollers to their outer position on both sides of the roller frame, which increases the gap between the guide rollers, out to 80mm.

This can also be done when using a normal tyre profile once the user is familiar with static cycling on **Velotrain**® Accessible Rollers and wishes to have a greater freedom of movement or a smoother ride, allowing extra drift. This can be useful where the drive wheel includes steering for the cycle (when cycling outdoors, off the static trainer) and the steering action causes regular 'bumping' off the guide rollers. It is not recommended for a fixed axle (non-steering) drive wheel unless a wider tyre profile is fitted.

To adjust **Velotrain**® Accessible Rollers for wider profile tyres or steering movement:

**i** **NOTE** - Ensure a **technically competent person** assists with adjusting the guide rollers position and secures them back into a fixed and secure position.

**i** **NOTE** - Tools required (not provided) are a **17mm spanner** (or adjustable wrench) and a **6mm Allen key**.



- 1) Place a 17mm spanner on the nut (6) underneath the guide roller (1) and unwind the centre bolt (4) of the guide roller using a 6mm Allen key in an anticlockwise direction.
- 2) Remove the nut (6) and washers (3,5) from underneath the guide roller (1) taking note of their position and order for reassembly in the same format.
- 3) Move the guide roller (1) to the outer (hole) position on the mounting tab of the roller frame and reassemble the bolt (4) through the guide roller with the washers (3,5) in the same order.
- 4) Hand tighten the nut (6) on the underside of the guide roller (1) (under the mounting tab) and place the 17mm spanner back on the nut (6) to fully tighten the centre bolt (4) back through the guide roller (1) using a 6mm Allen key in a clockwise direction.

**i** **NOTE** – This procedure must be carried out with the guide rollers on both sides of the roller frame to maintain central wheel alignment. Take care not to remove any bearings (2) when moving the guide rollers.

**!** **CAUTION** – Do not use **Velotrain**® Accessible Rollers without the guide rollers attached and positioned to suit your tyre profile. (i.e. for tyres up to 60mm wide, keep the guide rollers fixed to the inner position on both sides (as supplied) and for wider profile tyres up to 80mm wide, (or for extra drift) adjust the guide rollers to the outer position on both tabs, as detailed above.)

#### 6.1.4. Unfolding the ramp

**⚠ WARNING** – Observe areas on product marked with safety warning symbols.



**⚠ WARNING** – Take great care unfolding (and folding back) the ramp and keep hands and fingers well clear of the hinged area of the ramp to avoid the risk of injury from pinch points or finger traps.

Undo the Velcro strap and pull the ramp away from the frame to unfold the ramp by 180 degrees up to the stop position on the roller frame and place onto the floor of a suitable training area, ensuring rubber feet are positioned firmly onto the ground without any tilting or wobble. This process is reversed when folding **Velotrain**® Accessible Rollers away for storage.



#### 6.1.5. Setting up on a flat surface

Position the **Velotrain**® Accessible Rollers on a level floor and position your trike to line the drive wheel with the centre groove on the access ramp.



## 6.2. Usage

### Before Each Use

Inspect the **Velotrain**® Accessible Rollers and your cycling equipment for damage or loose parts and ensure all the products rollers rotate freely and smoothly.

**! CAUTION** - Ensure that the **Velotrain**® Accessible Rollers and your cycling equipment are positioned on a flat and firm, non-slip surface.

#### 6.2.1. Adapted cycle compatibility

**Velotrain**® Accessible Rollers work with a large majority of tricycles, both upright and recumbent, hand cycles, and wheelchair cycling attachments that have a **single drive wheel** either at the front (delta format) or at the rear (tadpole trikes).

The adjustable V-Groove rollers provide static cycling for drive wheels from **12"** (300mm) up to **28"** (700c, approx. 750mm). The extreme ends of wheel size should be checked for clearance (of the bike components) for the small sizes, and stability of the bike (with parking brakes or wheel blocks on the other wheels) for larger drive wheel sizes.

**! WARNING** - Maximum cycle mass permitted for use with **Velotrain**® Accessible Rollers is **50kg**.

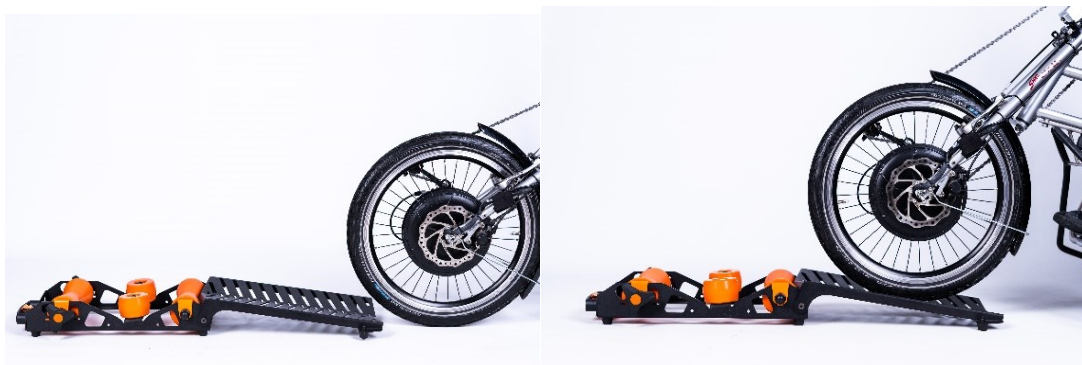
#### 6.2.2. Mounting procedure & transfers

Position your cycle to ensure the drive wheel is centrally aligned with the V-groove rollers and secure any stabilising or accessibility supports.

**! CAUTION** - Check the stability of your cycling equipment before mounting the **Velotrain**® Accessible Rollers.

**Velotrain**® Accessible Rollers have been designed to simply roll on with your adapted or non-standard cycling equipment so you can cycle in the same way you would outdoors, without any specialist setup or fixing procedure. How to setup or transfer onto the equipment for static cycling exercise is best assessed by the user, and their support team if appropriate, but it is good practice to follow tried and tested methods for transfers to (and from) cycling equipment before rolling onto the **Velotrain**® Accessible Rollers.

**! WARNING** - Always mount and dismount with assistance if required.



Approach the ramp and pedal (cycle) slowly up the central groove or push your non-drive or wheelchair wheels forwards for a more controlled ascent onto **Velotrain**® Accessible Rollers.



As your drive wheel approaches the top of the ramp, bump down so your wheel sits between the guide rollers in the centre of the V-groove rollers, so they sit underneath (to the front and back) to support your drive wheel. Now you're in position for static cycling exercise.

**! CAUTION** -Do not approach **Velotrain**® Accessible Rollers at speed or attempt mounting in an uncontrolled way as you could overshoot the riding position and cause damage to your cycling equipment, **Velotrain**® Accessible Rollers, surrounding objects or injure yourself or others nearby.

### 6.2.3. Braking non-drive wheels for stability

Applying any brakes you have fitted to your non-drive wheels can greatly improve your stability when cycling as high energy pedalling can cause your bike to rock back and forth on **Velotrain**® Accessible Rollers, especially if your technique is asymmetrical or stronger on some parts of pedalling.



If your cycling equipment does not have brakes fitted to the non-drive wheels, then you can utilise wheel blocks (that are compatible with your tyre profile) to provide additional stability or level up your riding position if the slight incline from mounting **Velotrain**® Accessible Rollers feels strange to begin with.

**i NOTE** – Using wheel blocks may change how you need to transfer into your cycling equipment for static exercise with **Velotrain**® Accessible Rollers. Be aware of any additional risks and transfer into a pre-mounted cycle (already in position on the device) if that is the easiest and safest method.

#### 6.2.4. Cycling & Training using the rollers

Wear appropriate exercise clothing and footwear. Avoid wearing or riding with loose clothing or objects that may interfere with your bicycle wheels, crank, chain or pedals while you ride. Ensure your cycle is stable and use your cycling equipment in the same way as you usually do (with or without assistance) following your usual transfer preference and needs. Use provided accessibility supports, i.e. foot pedal straps, calf, wrist or grip supports as required, then start pedalling slowly to maintain balance whilst holding a straight and central position on **Velotrain®** Accessible Rollers before gradually increasing your speed to your required training level.

**⚠ WARNING** - Stop exercising immediately if you feel dizziness, pain, or discomfort.



You can shift gears while static, pedalling or coasting as you normally would when riding outdoors. You can also use any motorised pedal assist feature fitted to your cycling equipment as normal if you need that to support with your cycling exercise to maintain a smooth training cadence.

**! CAUTION** – Use any motorised pedal assist features on low levels (for flat & even terrain) to begin with as you get used to **Velotrain®** Accessible Rollers. Levels can be increased incrementally if needs be to build up your training once familiar with static cycling exercise on **Velotrain®** Accessible Rollers.



You can brake at any point to quickly and safely stop your cycling exercise and steady your bike before resuming your routine when safe and ready or disembark from **Velotrain®** Accessible Rollers.

### 6.2.5. Disembarking from the rollers

When you have completed your exercise routine or need to take a break from training, you can disembark from **Velotrain®** Accessible Rollers using the same methods, and assistance if usually required, to transfer directly into your regular wheelchair, mobility aid or seat.

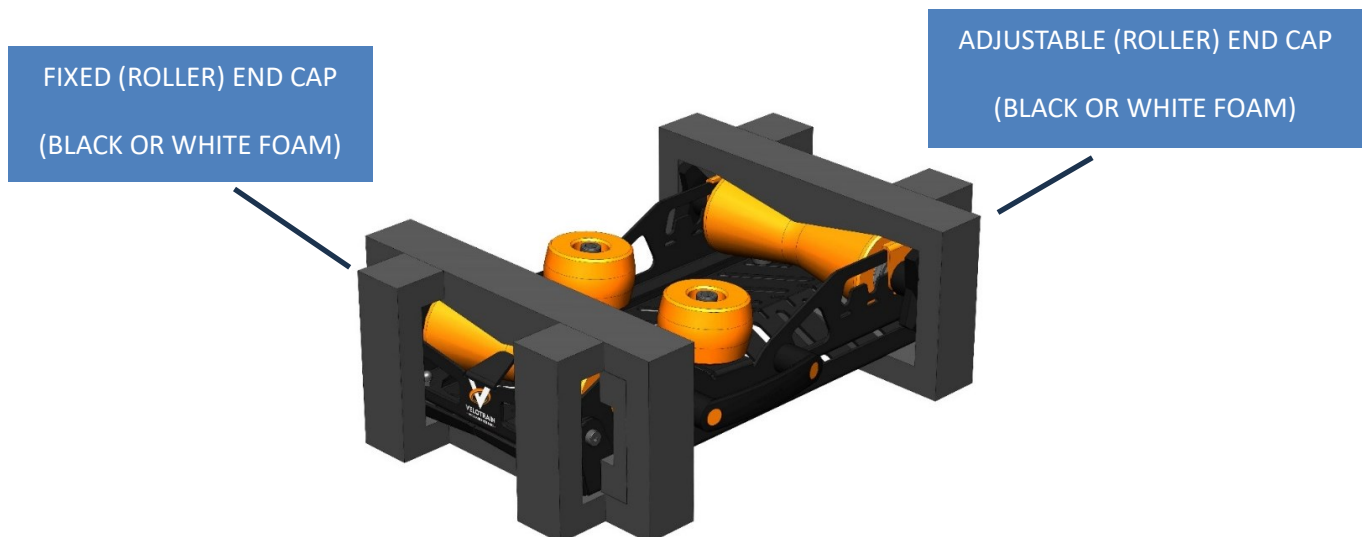


You can also carry out the mounting procedure in reverse to continue cycling outdoors after a warm-up with **Velotrain®** Accessible Rollers, or if your exercise trike is also your regular mobility aid. To do this, release any parking brakes and push back on your non-drive wheels (alternatively the floor, surrounding furniture or fixed surface, if your wheels are out of reach) to lift the drive wheel off the V-groove rollers and back down the ramp of your **Velotrain®** Accessible Rollers.

**i** **NOTE** – Make sure you leave enough room (when setting up) behind the device for your cycling equipment to roll back down the ramp and turn to pedal away, clear of **Velotrain®** Accessible Rollers.

### 6.3. Storage & Transportation

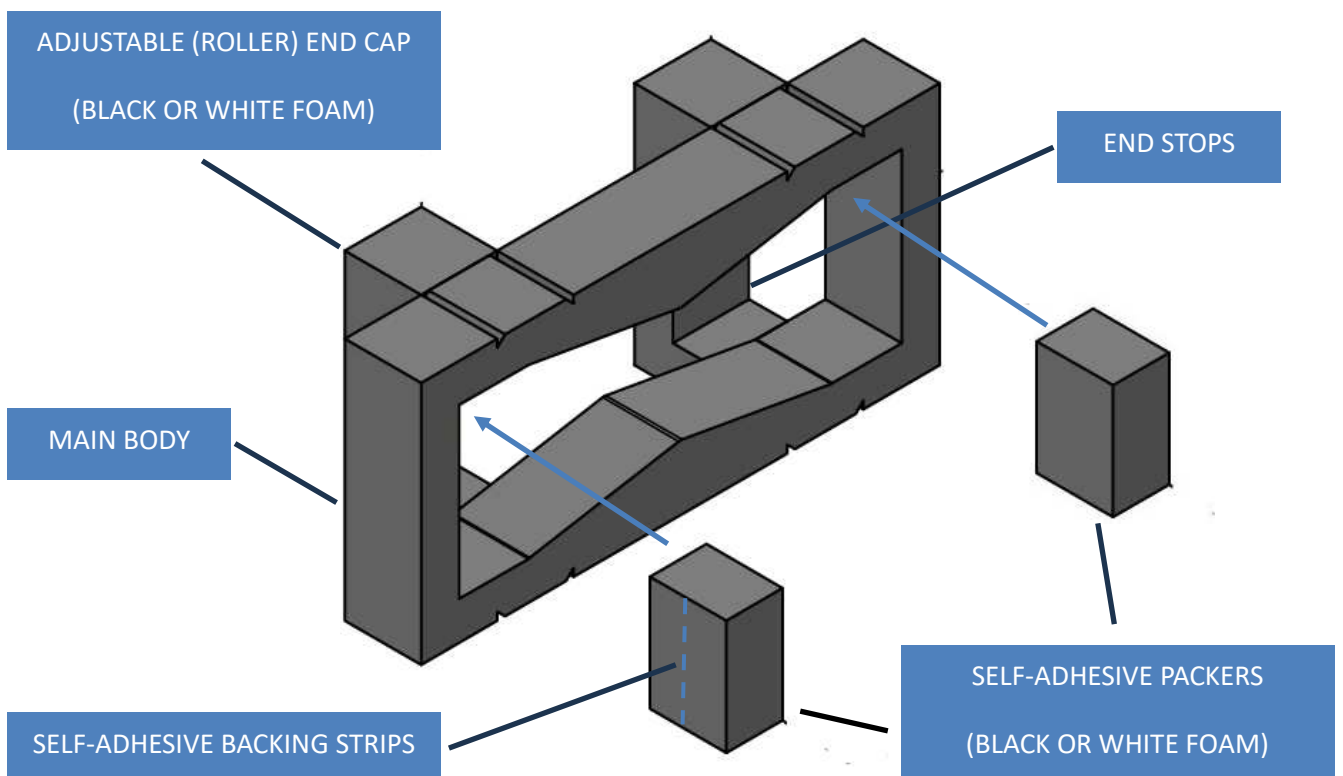
Always store **Velotrain®** Accessible Rollers indoors, in a dry environment, when not in use and avoid exposure to direct sunlight for extended periods. When folding the ramp back away for storage, re-attach the Velcro strap through the second slot in the end of the ramp to secure in place. Ensure the equipment is stored flat or in the product box or Store & Go carry bag to prevent damage or accidents from tipping or falling and please reuse the foam end caps supplied with **Velotrain®** Accessible Rollers in the product box or Store & Go carry bag to protect them during storage or transit.



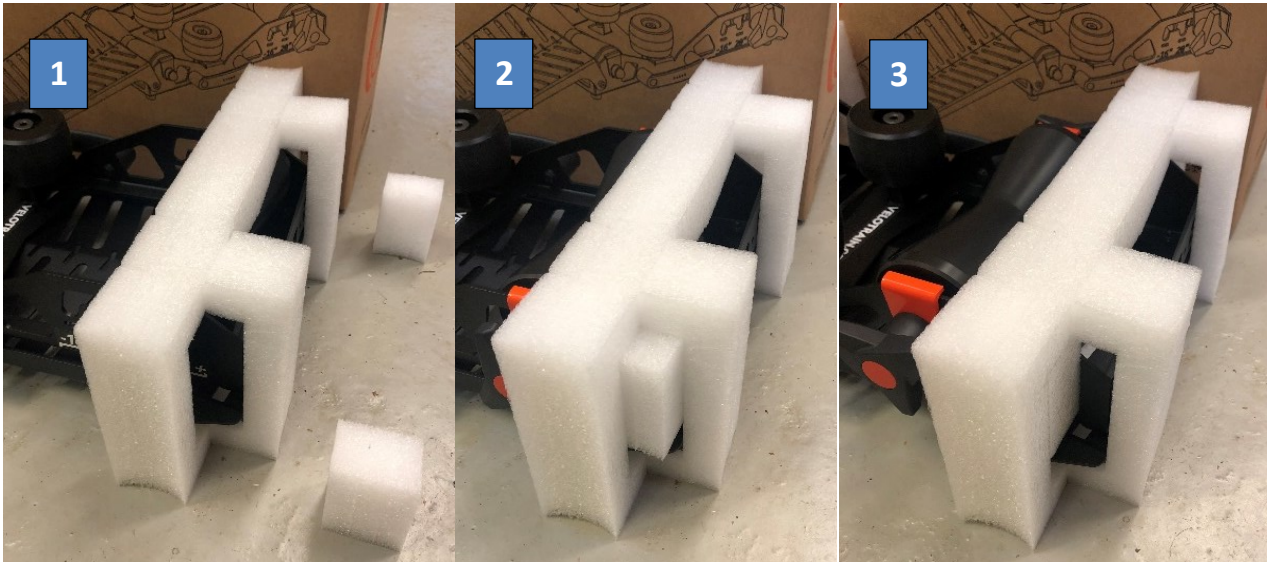
The foam end caps can be kept with the product box or in the Store & Go bag for storing or transporting **Velotrain**® Accessible Rollers when not in use, to protect them from impact or damage.



In addition to the foam end caps, there is a pair of self-adhesive foam packer blocks supplied with **Velotrain**® Accessible Rollers to provide extra support at the adjustable (roller) end, when the V-groove roller is positioned further forwards for smaller wheel sizes in the mid or front positions.



The foam blocks should be left out if the V-groove rollers are set in the rear 24" position (as shown in **image 1** below) but fixed to the inside top against the end stops when the V-groove rollers are set in the mid 20" position (as shown in **image 2** below) by removing half of the self-adhesive backing and sticking into position and fixed to the inside top corners of the end cap main body (as shown in **image 3** below) by removing all of the self-adhesive backing and sticking into position.



**i** **NOTE** - Using the foam packer blocks this way gives an additional 25mm of support for **Velotrain**<sup>®</sup> Accessible Rollers for each position the V-groove rollers are moved forwards, to provide extra protection and stability when being stored or transported.

## 6.4. Maintenance & Cleaning

### Routine Maintenance

Clean any dirty marks or tyre dust with a damp cloth after use and do not pack away for storage until fully dry. Do not use solvents or abrasive cleaners on any part of the products rollers, ramp or frame and regularly check fasteners and tighten if necessary.

**i** **NOTE** - Check fasteners monthly when using personally (**Class H**) or weekly for shared use (**Class S**).

### Inspection

Inspect all rollers, frame, and supports for any wear or damage caused when mounting, using or disembarking from **Velotrain**<sup>®</sup> Accessible Rollers or from accidental impacts when not in use, while storing or transporting. Contact the dealer or your source of purchase to replace worn or damaged components before further use, using approved replacement parts and guidance from the manufacturer only.

**⚠ WARNING** - Do not use the equipment if any part is damaged. The safety level of the **Velotrain**<sup>®</sup> Accessible Rollers can only be maintained if they are regularly examined for wear or damage.

## 6.5. Troubleshooting

Fault	Possible cause	Solution required
V-groove rollers not spinning freely.	Dirt or debris caught between rollers and frame (or ramp, at front) or adjustable roller not seated into position correctly.	Check for any obstructions and clean any dirt or debris from the rollers or their axles. Ensure that V-groove rollers have been adjusted back into position correctly and the locking tabs are holding them in the correct position.
Guide rollers are wobbling or not spinning freely.	Loose fixings or threads & hair trapped around the bearings.	Check and clean any dirt or debris from the guide rollers and ensure that they are fixed securely in the correct configuration as detailed in section 6.1.3.
Ramp is catching on the frame when folding away.	Ramp has been bent out of shape from excessive loading or accidental impact.	Contact Dealer, source of purchase or Manufacturer for advice, with pictures or video evidence to explain the problem.
Ramp is loose and not holding position when released.	Bolts that secure ramp at pivot point have become too loose.	Check for any loose fixings and fully tighten the M6 nuts and bolts with a 10mm spanner and 4mm Allen key.
The product is not sitting flat onto the floor or are wobbling under load.	The rubber feet have worn away or have been damaged.	Use a piece of cardboard or soft (non-slip) material or matting under <b>Velotrain</b> ® Accessible Rollers to help level their position. Contact the manufacturer to replace any damaged feet.
The adjustable V-groove roller is loose or wobbles when cycling.	The locking tabs have not been refitted correctly when the roller was adjusted.	Check that the orange locking tabs are fitted correctly with the protruding sections facing in towards the roller frame, locating them into the slot below the axle and over the top edge of the frame and that the hand grips are fully tightened to hold them in place.
Rolling resistance is too high when cycling.	Tyre pressure is too low.	Check cycling equipment is working correctly away from <b>Velotrain</b> ® Accessible Rollers and check the tyre pressure is sufficient in the drive wheel.

## 7. General cycling and home training safety advice

Exercise and rest need to be aligned to ensure that the body can adapt to any new routines or training. This means that after every workout, you need to allow your body enough recovery time. If you don't give your body enough time to rest, the risk of overtraining and injury will increase.

**i NOTE** - If you are unsure about the intensity of your training, please contact your physical therapist or physician.

**! CAUTION** - **Do not cycle** if you feel unwell or are taking drugs that may affect your cycling. Check the instructions on medicines to make sure that they won't affect your safety when cycling. If in doubt about the effect of drugs, ask your doctor or don't cycle.

**! WARNING** - **Do not cycle** if your tyres are excessively worn or cut, for example if you can see threads under the rubber layer of a tyre, do not ride until you have that tyre replaced.

**! WARNING** - **Watch out** for your fingers and those of others. Fingers should never get between the spokes or the chain when training.

Check the tyre pressures are within the range specified on the tyre walls. If the air pressure is too low, it can lead to increased wear and tear and the rolling resistance will be increased.

When inflating a tyre, check to make sure the tyre is correctly seated in the rim. Also be aware if there are bulges or uneven areas and get further advice before you ride.

Check fixed or quick-release axles are secure and wheels are rotating freely. Also check for broken spokes and wheel wobble. Lift the wheel off the ground and turn it relatively slowly, keeping an eye on a fixed point. If the wheel seems to wobble sideways relative to the fixed point, it should be repaired.

Check any Velcro straps on seats and backrests are secure.

Ensure that your brakes are functioning properly. Do not train if your brakes are in a less than optimal condition.

**! WARNING** - Check that any footrests or calf supports on your pedals are secure. To avoid serious injury, you must secure your feet in the footrests, using the Velcro straps, before cycling.

Check steering mechanisms.

Check that all components, in particular all clamps, bolts and nuts are secure.

Before each training session, carry out a visual inspection of the frame, checking for cracks and other damage.

**i NOTE** - For further information on cycling with disabilities and a comprehensive guide on inclusive cycling, see <https://wheelsforwellbeing.org.uk/our-campaigns/resources/>

## 8. Product technical data

### Size & weights table

Feature	Quantity
Folded size	11cm x 46cm x 29cm
Open size (ramp out)	10cm x 88cm x 29cm
Total weight	6Kg
Min drive wheel size	12" (30cm)
Max drive wheel size	28" (700c) (75cm)
Max drive wheel width (with guide wheels adjusted to outer position)	8cm

### Materials

Powder coated Aluminium (ramp & frame), Steel (hubs, bolts & bearings), Plastic (Acetal rollers & Nylon washers & Velcro strap, with Techno-polymer handles & grips).

### Disposal

**Velotrain®** Accessible Rollers have been designed for long term use and should still be functional if you no longer have a need for them. If that is the case, then please consider extending their use through a second-hand market, donating to another cyclist or contacting your source of purchase or manufacturer to enquire about take back schemes for product recycling or disposal.

If you need to dispose of the equipment, please do so in accordance with local waste and recycling regulations. Metal and plastic components should be separated and recycled where possible but beware of risk of injury during disassembly, which should only be carried out by a competent mechanic.

For correct disposal, contact your specialist dealer or ask your town or district council about local waste management companies.

**i** **NOTE** - Be environmentally aware and dispose of **Velotrain®** Accessible Rollers properly. Disposal is subject to national and local regulations.

## 9. Declaration of Conformity

This product has been designed and manufactured in accordance with the essential safety requirements of **BS EN ISO 20957-1:2013** for:

- **Class H** (Home use), and
- **Class S** (Studio / Professional use), when installed, used, and maintained in accordance with these instructions.
- **Class I:** professional and/or commercial use provided for inclusive use for people with special needs (e.g. visual, hearing, physical or learning disabilities). Such equipment shall also follow **Class S** requirements (see above).

**i NOTE** - The equipment incorporates accessibility features intended to support inclusive use, provided that all safety instructions are followed.

**i NOTE** - This product has been designed and manufactured in accordance with the essential safety requirements of **BS EN ISO 20957-1:2013**.

**i NOTE** - The EU Declaration of Conformity is available from the manufacturer upon request.

### UK DECLARATION OF CONFORMITY

**Manufacturer:** Active Linx Ltd

**Registered Address:** Allia Future Business Centre, London Road, Peterborough. PE2 8AN

We hereby declare that the product:

**Product Name:** Velotrain® Accessible Rollers

**Type:** Stationary training equipment (for non-standard & adapted cycles)

Conforms to the relevant UK legislation: - Supply of Machinery (Safety) Regulations 2008

And has been designed and manufactured in accordance with the following standard:

**BS EN ISO 20957-1:2013**

This declaration is issued under the sole responsibility of the manufacturer.

**Signed for and on behalf of the manufacturer:**

**Name:** Paul Moore

**Position:** Managing Director

**Signature:**



**Date:** 05<sup>th</sup> December 2025