Bernheim
ARBORETUM AND RESEARCH FOREST
connecting people with nature

Tips for Using the GRIT All-Terrain Wheelchair

Before Using GRIT

Included below are tips & tricks that will be good to know before you try GRIT for the first time!

It is important to know that while GRIT can accommodate a wide range of ages and levels of ability, it may not be appropriate for everyone. Read below for more information to decide if GRIT is right for you.

GRIT Freedom Chair Specs

- Seat width: 16" (41cm)
- Max weight limit: 300 lbs. (136kg)
- Height range: 4'10" – 6'8" (147 – 203 cm)
- Cushion type: HR polyurethane

Preparing for Your Visit

- **Check the weather!** Plan for the weather on the day you want to use GRIT & dress accordingly. GRIT can't be used if weather conditions are deemed unsafe by Bernheim staff.
- **Bring a friend!** We highly recommend bringing someone with you for your GRIT reservation, especially if this will be your first time trying GRIT. Friends & family make outdoor adventures more fun, and they can help if needed while out & about!
    - **Riders under 18 will have to have a parent or guardian with them at all times.**
- **Ask questions!** Take time to ask any questions you have before you head out on your own and be sure you feel comfortable using GRIT.

Transferring Into & Out of GRIT

- Transferring into and out of GRIT is very similar to transferring with a manual wheelchair.
- **ALWAYS** be sure the parking brakes are locked on both sides before transferring.
- A slide board is available if you need one to assist with transferring – just ask a staff member to get one for you!
- The GRIT company provides videos of various techniques for transferring with GRIT. Go to the link below to see how others complete transfers!
    - https://www.gogrit.us/faq#transfer

Safety

- Be sure to secure the seat belt before you go and wear a helmet while riding.
- Make yourself visible so others can see you by wearing bright colored clothing for increased visibility while riding GRIT.
- Be careful in the rain! Wet surfaces & tires take longer to come to a stop when braking.

- A staff member will give you a phone number to call if you need any help while using GRIT. Be sure to keep this number on you at all times.

For more information about the GRIT all-terrain wheelchair at Bernheim, head to GRIT's website at https://www.gogrit.us/grit-freedom-chair-3-0/.

Ready for Your Adventure?

Where To Go

- There is so much to see and do with GRIT at Bernheim! Visit Bernheim.org for a list of places that are GRIT accessible and learn about all the things you can do with GRIT.
- Read more about accessibility of trails & paths on our website too!
- Accessible bathrooms are located in the Visitor Center and can be accessed from inside the building or from the outside after hours.
- Water fountains are located near the restroom entrances and food is available at Isaac's Cafe located inside the Visitor Center.

Safety Tips While Riding GRIT

- Be aware of your surroundings!
    - Share the road and watch for cars, pedestrians, and bikes.
    - When using GRIT on roads that share vehicle traffic, follow the same rules that would apply to bike traffic.
- Be careful not to accelerate too quickly when stopped to prevent tipping backward.
- Always be sure the lever brakes are turned in the correct position to apply the brakes.
- If you need more support to brake, wrap your arms around the levers and pull them toward your body instead of using your hands to pull them.

Riding GRIT

- GRIT takes a little time to get used to, so don't get discouraged! Start slow and go at your own pace - you'll be a pro with GRIT in no time!
- You can change gears while riding by changing the position of your hands on the levers.
    - **High Gear**: hold near the bottom of the levers
      This works well on flat ground or paved paths to go faster with less effort.
    - **Low Gear**: hold the tops of the levers
      Try this if you need more power to get up a hill or go over an obstacle.
- GRIT was designed to be simple and easy to use. However, propelling yourself in it requires good upper body and core strength, as well as grip strength to move the levers.
    - GRIT can be pushed with the trail handles if the rider needs a break.
    - The levers can be removed and stored on GRIT so you can use the wheels instead of the levers to propel yourself.

Other Tips & Recommendations

- Take rest breaks when you need them and be sure to drink water often!
- We recommend bringing these items for your day with GRIT:

- Water and snacks
- Sun protection (sunblock, sunglasses, long-sleeve shirt)
- Comfortable clothing and shoes
- Charged cell phone
- Bike helmet
- Any other personal supplies or equipment you need
    - Medications, cushions, transfer aids, etc.