

# MOUNTAIN BIKER'S RESPONSIBILITY CODE



## BE AWARE. RIDE WITH CARE.

**MOUNTAIN BIKING INVOLVES THE RISK OF SERIOUS INJURY OR DEATH. KNOWLEDGE AND CAUTION CAN REDUCE THE RISK. FOR YOUR SAFETY AND THE SAFETY OF OTHERS, PLEASE ADHERE TO THE CODE.**

- 1 RIDE IN CONTROL AND WITHIN YOUR ABILITY LEVEL.** *You must be able to stop and avoid other people or objects. You must understand bike park signage, trail ratings and trail progression. Start slow and small. Ride trails and features matching your ability.*
- 2 PROTECT YOURSELF.** *Helmets are mandatory in Bike Parks and strongly recommended on all other trails. Other protective equipment is strongly recommended.*
- 3 DO NOT RIDE** *if your ability or judgement is impaired by drugs, alcohol or fatigue.*
- 4 INSPECT AND MAINTAIN YOUR BIKE** *or have it checked by a qualified bike mechanic before you ride.*
- 5 OBEY SIGNS AND WARNINGS.** *Stay on marked trails. Do not cut switchbacks and keep off of closed areas.*
- 6 INSPECT TRAILS AND FEATURES.** *Conditions change constantly on trails and features. Inspect features before use and throughout the day.*
- 7 BE LIFT SMART.** *Make sure you have the physical dexterity, ability and knowledge to safely load, ride and unload lifts when riding at lift access resorts. Ask for assistance with chairlifts and surface lifts if unsure.*
- 8 LOOK OUT FOR OTHERS.** *Avoid riders ahead of you. They have the right of way. Yield to other riders when entering a trail.*
- 9 BE VISIBLE.** *Do not stop where you obstruct a trail or are not visible from above.*
- 10 COOPERATE.** *If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol, staff member or local authority.*

**Know and Follow the Code - Be Safety Conscious. It is your Responsibility!**

**MAKE YOURSELF AWARE OF THE AREA'S SPECIFIC REGULATIONS**

**Park Privileges may be Revoked for Breach of this Code**