



HELMETS REQUIRED



BEGINNER TERRAIN



INTERMEDIATE (with advanced options)



ADVANCED TERRAIN





MOUNTAIN BIKER'S RESPONSIBILITY CODE

Mountain biking involves risk of serious injury or death. Your knowledge, decisions and actions contribute to your safety and that of others.

ALWAYS

- 1. STAY IN CONTROL. You're responsible for avoiding objects and people.
- 2. KNOW YOUR LIMITS. Ride within your ability. Start small and work your way up.
- 3. PROTECT YOURSELF. Use an appropriate bike, helmet and protective equipment.
- 4. INSPECT AND MAINTAIN YOUR **EQUIPMENT.** Know your components and their operation prior to riding.
- 5. BE LIFT SMART. Know how to load, ride and unload lifts safely. Ask if you need help.
- 6. INSPECT THE TRAILS AND FEATURES. Conditions change constantly; plan and adjust your riding accordingly.
- 7. OBEY SIGNS AND WARNINGS. Stay on marked trails only. Keep off closed trails and features. Ride in the direction indicated.
- 8. BE VISIBLED. Do not stop where you obstruct a trail, feature, landing or are not
- 9. LOOK AND YIELD TO OTHERS. Look both ways and yield when entering or crossing a road or trail. When overtaiking, use caution and yield to 'those ahead.
- **10.COOPERATE.** If involved in or witness to an incident, identify yourself to staff.

Know and Follow the Code. It is Your Responsibility.



RESPECT ALL SIGNS AND CLOSURES. NO PARTICIPATION OUTSIDE OF OPERATIONAL HOURS.