MOUNTAIN BIKE AND EQUIPMENT CHECKLIST

Trails can be rough, challenging and demanding on both bike and body.

We recommend the use of appropriately sized, modern, long-travel, full suspension bikes with good quality hydraulic disk brakes.

Before riding always inspect your equipment or have it checked by a qualified bike mechanic.

- Helmets are mandatory, ensure that your helmet is in good shape and properly adjusted; Gloves, eye protection and body armour are also highly recommended.
- Inspect bike frame for cracks, damaged or dented areas.
- Ensure you have sufficient brake pads to stop your bike while descending; two working brakes are mandatory.
- Front and rear axles (quick release or bolt through type) should be tight.
- Headset and stem must be secure with no looseness or play.
- Check that your tyres are in good condition, with plenty of tread and no cuts or abrasions in the sidewall and that rims show no cracks or signs of weakness and all spokes are tight and intact.
- Handlebar and handlebar grips must be tight and unable to spin.
- Seat and seat post need to be fastened securely.
- Suspension should be in good working order with no leaks or loose parts.

MOUNTAIN BIKERS RESPONSIBILITY CODE

Follow the code to ensure that all riders have a fun and safe experience where ever you ride.

- Always carry a mobile phone with an ICE (in case of emergency) number installed and make sure it is charged before you leave the house.

- Avoid riding alone; it’s safer and more fun to ride with your friends.
- Stay in control at all times, know your limits and the bikes. It is your responsibility to avoid crashing into other riders and objects around you!
- Be respectful and aware of other riders varying skill levels, relax and have fun.
- Do not stop on the trail. Pull off the trail in a safe place if you need to stop for any reason.
- When entering a trail or starting downhill, you must look uphill and give way to other riders coming down the trail.
- Respect the trail grading’s, read the grading descriptions and the trail difficulty index. Begin on the easier trails and do not ride trails that are beyond your current level of ability.
- Even if you have ridden a trail before, be careful! There are always on-going changes and improvements to the trails and features, so they may have changed since your last visit.
- Trail conditions change with the seasons and the weather; mountain biking is an all-weather sport but respect the added challenge and risk that rain, mud, dust and wind can pose to you. If it is windy, do not attempt jumps; keep both wheels on the ground and stay on the easier trails.
- If a rider is hurt, do not move them, notify medical services immediately.
- Keep off closed trails and forest areas and obey all signs and warnings.
- Stay on marked trails only. Do not cut switchbacks, or modify trails.
- Do not push or ride up downhill trails.
- Respect your environment; take your litter home with you!
- Be friendly, courteous and respectful to your fellow riders.
- Please be aware of and courteous to walkers, runner and other user groups.
- Please help us maintain the park. If you see a problem on the trails report it to us.

- Know your limits!

Have fun, ride safe!

Caution

Mountain biking is a potentially hazardous activity carrying a significant risk of injury including death. It should only be undertaken with a full understanding of all inherent risks.