

Safety

1. Make sure your mountain bike is in good working order. If it's not, you will inconvenience yourself, others around you and the enjoyment of the ride. You will also increase the likelihood of injuring yourself and others. Have your bike regularly serviced by a qualified mechanic.
2. For insurance purposes and your safety, if you don't wear a helmet, you will not be permitted to ride with us. **No exceptions.**
3. Pedal-assisted mountain e-bikes are permitted on club rides on trails in the CRD's regional parks. Refer to the [CRD's website](#) for specific details about which e-bikes are permitted. Note: Areas outside the CRD may not permit mountain e-bikes.
4. Dogs are only permitted on club rides if the ride host says it's okay. You **must** ask the host if they will consider a "dog ride" in advance of the ride. Do not show up to ride with your dog in tow and then ask if it's okay.
5. Be prepared. Bring enough water, food, repair kit (tools, extra tube, pump) and a first aid kit. Water and/or sports drinks are a must for any ride, long or short. Be aware of the weather forecast and bring suitable clothing. Be responsible for yourself.
6. Maintain control. Losing control of your bike significantly increases your risk of injury, the risk of injuring others and your impact on the environment.
7. Ride, don't slide. Avoid skidding. Skidding reduces your control and damages the trail.
8. Ride to the conditions. Your ability to control your bike will change in different trail and weather conditions. Ride within the conditions to protect yourself, others and the environment.
9. Keep right where possible. This is consistent with traffic regulations and can minimize the risk of collision.
10. Pass with care and give plenty of warning. Always announce your intention to pass another rider and leave enough space to do so safely. Be prepared to stop if necessary.
11. Anticipate other trail users around corners or in blind spots.
12. We have a no-drop policy. All riders are expected to keep tabs on the rider behind them. Be patient, wait for others, and be prepared to look for and help injured or lost riders. We are all responsible for each others' safety.

13. Keep a safe riding distance from other riders (no closer than two bike-lengths, but preferably more, from the rider in front of you.)
14. Make any concerns or issues known to the ride host (e.g., injuries, abilities, time constraints, etc.).
15. Listen to the ride host (which direction to go, splitting the group, keeping the group together, etc.).
16. All members should know how to fix common bike problems on the trail (e.g., flat tire, etc.). If you don't know how, sign up for a workshop at your local mountain bike shop.
17. Buy mountain biking-specific insurance.

Etiquette

1. First, treat everyone you meet on the trail like you'd treat your mother (if you don't like your mother, think of someone you really, really like). Everyone is here to have a good time and being nice solves a lot of problems before they happen.
2. Yield. Yield. Yield. To pedestrians and equestrians. **All the time.**
3. If you are going downhill, yield to uphill bike traffic. It's much more of a pain in the butt to start going again when you are moving uphill than it is when you are going downhill.
4. Stay on the trail. It's way not cool to ride in the grass/bushes/or mud to pass by someone. Trails are wide enough already.
5. Skidding to a stop is bad trail etiquette, startles fellow riders and prematurely wears out your tires.
6. Stay in control. If you come to a blind corner, assume an elderly angry lawyer is coming up at you. Don't ride beyond your limits
7. Be nice to the animals. This is probably a no brainer, but c'mon - don't run over anything, chase anything, taunt anything or give anything the finger. They were here first and they are nice to look at.
8. Ride only on sanctioned trails. We know, we know, there are a lot of great trails out there. Our worst enemies are the people who create and ride unsanctioned trail, veer off

Mountain Biking Safety and Etiquette*



trails and plow through sensitive soil and vegetation. We don't want to lose access to the trails, so please don't mess it up.

9. Don't make a mess of our space. Some people say, "Leave no trace." That's almost right. We think it should be, "Make it nicer than before you came."
10. Support trail maintenance. No trail maintenance = no trails = no riding.