

# MOUNTAIN BIKING CODE OF CONDUCT



**Mountain biking involves the risk of serious injury or death. For your safety and the safety of others, please follow this code of conduct.**

- 1. Always ride in control and respect your limits.**  
You must be able to stop and avoid other people or obstacles. Ride trails and features that match your skills level. It is your responsibility to be aware of the difficulty levels and to choose your route accordingly.
- 2. Wear a helmet and appropriate protective gear** for your ride.
- 3. Check the mechanical condition of your bike** or have it inspected by a qualified bike mechanic before you ride.
- 4. Do not ride if** you are physically incapacitated or if your ability or judgement is impaired by drugs, alcohol or fatigue.
- 5. Be careful, obstacles and trail conditions change constantly.** Check their condition before riding with speed and confidence.
- 6. Respect signs and warnings.** Stay on marked trails and never venture into closed sections. Do not make any changes to trails and do not build new trails without the permission of the trail manager.
- 7. Give priority to cyclists ahead of you.** On two-way trails, yield to cyclists coming up the trail.
- 8. Clear the path.** If you must stop, do so off the trail, in a safe, visible location.
- 9. Help the rescuers.** If you are involved in or witness an accident, remain at the scene and identify yourself to a first-aider or bystanders.

**When the context applies**

- 10. Use lifts with caution.** Ask for assistance if you are unsure with the operation of the chairlifts and follow the rules posted along the way.

**Ride safely, it's your responsibility.**

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