

MTB Guidelines



Welcome to Wild Bikes MTB Rides

We want to ensure that everybody riding with Wild Bikes Cycling Club (WBCC) has a safe and enjoyable experience. Of paramount importance is safety. of all our riders.

We therefore request that all our members follow a few basic rules to ensure the safety of both themselves and any other road user or pedestrians.

Ride Rules

Mountain Biking Introduction

All riders are requested to ride a Mountain Bike type bike. There are many different types of MTB's (No suspension, front or full suspension type bikes) all of these bikes offer different riding characteristics and there are advantages & disadvantages to the rider and the terrain. It is the rider's responsibility to select the most appropriate type of bike for the posted route.

Ride Categories

Social Rides: These rides will be at a social pace with regular stops, generally using cycle ways and various off-road paths to introduce MTB'ing or enjoying a more rural ride. The route may contain sections of undulating, flowing single-track which features changes in riding surfaces, levels and gradients. Basic mountain bikes, trail bikes or similar bikes with trail type tyres should be suitable for these rides. Club

MTB Rides: These will be at a faster pace with minimal stops. They will require a greater level of fitness, stamina and competence. The route will contain challenging climbs, tricky descents and technical features such as drop-offs and large rocks.

A good quality MTB will be required for these rides and as a minimum requirement front suspension would be recommended. Cross and trail bikes are still acceptable but will depend on the competence of the rider. Please speak with a MTB ride leader before attending these rides.

MTB Safety Gear

The following protective gear is regarded as the minimum standard for all MTB rides.

- Cycling Helmet
- Protective Eyewear (Tinted or clear lenses may be used depending on the light levels)
- Gloves (Fingerless gloves may be worn but do not offer the same protection of full finger gloves.

Additional protection may be required depending on your riding style or the terrain and location of the rides. (i.e. Trail Centres). Some trail centres have mandatory requirements for additional cycling protection. This must be complied with at all times.

In addition to the above

- Knee Pads
- Elbow Pads
- Full Face Helmet

Essential Kit

When MTB'ing there may be times that we will be riding away from public roads and the public.

There may also be no available phone signal, therefore the following kit is recommended for all MTB rides.

- A spare inner-tube size specific to your bike
- A small toolkit or multi-tool specific to your bike
- Any additional spares/items (chain link, rear hanger, puncture repair kit, cable ties, gaffer tape etc)
- A small bag (back-pack or saddle pouch to store the essential kit.
- Cycle clothing suitable for MTB riding and the weather conditions.

The carrying of tools or other hard objects in your cycling jersey/riding gear must not be undertaken. There is a risk these objects have contributed to more serious injuries should a rider fall off their bike. Back-packs or saddle bags should be carefully packed and secured with the aid of suitable straps to minimise movement and coming loose when riding.

To increase the ride enjoyment and minimise the number of punctures during a ride, we encourage all riders to use "Slime" in their tyres. These are available as an inner tube containing slime or when riding tubeless tyres, the solution can be poured into the tyre. A spare tube must be always carried even when riding with slime. Discuss with your ride leader or local bike shop for further information.

MTB Ride Leaders

MTB ride leaders will perform a pre ride induction prior to all MTB rides to explain the following:

- Ride / new rider introductions
- Ride Type / Route / Ride Order / Buddy System
- Any lessons learnt from previous MTB rides
- Any particular hazards on the route

This is your opportunity to ask any questions to the ride leader prior to the ride. If you are unsure at any point during the ride please stop at a convenient point and speak with your ride leader. The ride leader may decide to stop the ride for any of following reasons:

- To correct ride behaviour
- Advise of a particular hazard ahead
- Open a discussion about a particular hazard/obstacle
Allow all riders to regroup
- Gain group feedback
- Adjust the route, pace or technical element if conditions change.

MTB Riding

Mountain Biking can seem very daunting to a new or inexperienced rider and at times can demand a high level of concentration. Riders must ride within their own capabilities at all times.

Any hazards that are encountered must be treated with respect and if you are in any doubt with regards to your own capabilities then you must stop and inform the ride leader immediately.

New or inexperienced riders must never ride alone and normally your ride leader may request you to ride with a more experienced rider; or in a certain rider order. The reason for this is to ensure riders are monitored throughout the ride and the ride leader or experienced riders may be able to offer assistance if required.

Speak with your ride leader should you have any concerns when riding within the group. When riding off road trails; riders generally adopt a single file riding position allowing sufficient space between the rider in front of them. This is to allow for sudden changes in direction, sudden braking or hazards along the trail.

A typical distance would be approximately 5 to 10 metres depending on the terrain and speed. This distance is a guide only and riders should ride within their own capabilities.

Riding on the rear wheel of the person in front of you is not acceptable when riding off road. When riding in a group, it is the lead rider that sets the pace. On technical trails you must not pressurise the rider in front of you, both verbally or by riding in a harassing or aggressive style.

The ride order must be maintained when riding down single track trails or forest/wooded sections. It is your responsibility to inform other riders or the ride leader if you notice the rider in front of you or behind you missing. They may have missed a turning point or been unfortunate enough to fall off. When riders approach a junction or change of direction in the trail, you must check behind you to ensure the following rider has seen where you are going. If there is no one following you must stop and wait for the following rider. If the group becomes fragmented your ride leader will back track any changes in direction, instructing all other riders to wait.

Communication within the MTB group is very important to advise of any hazards along the trail. All riders are requested to shout out any obvious hazards (tree stump, holes, large rocks etc.) that may cause a hazard to following riders. Both verbal and hand signals help a following rider to prepare for the hazard ahead. All riders in the group must shout out any unfamiliar hazards. MTB riders should watch out for all other riders in the group. If anyone is struggling or has to stop for any reason, everyone has a responsibility to communicate this up to the front of the group.

Additionally, if you are struggling with the pace please shout "Pace" rather than suffering in silence and possibly causing the group to fracture.

MTB Trail Centres

These trips will be advertised within the MTB ride programme. and are open to all Club MTB'ers based on the availability of a ride leader for the type of ride.

Riders must not attend these rides unless they have established themselves with the necessary skills to undertake these types of rides, please discuss with a MTB ride leader first.

The following list provides some guidance on the type of trails.

Green Beginners in good health with basic bike skills suitable for most type of hybrid and mountain bike.

Blue Riders in good health with basic off-roading skills and mountain bikes.

Red Proficient Mountain bikers with good off-roading skills and a good mountain bike.

Black Expert Mountain bikers with high levels of fitness suitable for quality mountain bikes.

Depending on the location. Riders must satisfy themselves that they are able to ride the advertised trail.

Riders **MUST** ride within their own capabilities and must not attempt any ride if they feel they are unprepared.

Guidelines for MTB riding with the Wild Bikes Cycling Club

Wild Bikes Cycling Club (WBCC) wants riders to gain maximum enjoyment from their group rides in a safe and sensible manner.

Whilst these guidelines are not exhaustive, they seek to offer some advice on the expected level of skills and etiquette required to ride within the MTB group.

These guidelines have primarily been drawn up to help members who have never ridden off road before, however we would like everyone who participates in the MTB rides to read this document and to follow the advice given. If you are unsure of any of the

content, please talk to one of the MTB ride leaders prior to joining a MTB ride. You will not be able to join a MTB ride unless you have confirmed that you have read and understood this document.

Please note, these guidelines are not intended to curb anyone's enthusiasm on a ride, they are implemented to ensure yours and the groups safety and enjoyment are maintained whilst riding with the WBCC.

Risk Management

All riders taking part in WBCC group rides do so at their own risk and are expected to ride within their own ability.

Although some risks can never be totally eliminated, they can be minimised by following these useful guidelines.

WBCC welcomes all riders but does not assume any liability for your participation. WBCC strongly recommends that all members take out appropriate third-party liability insurance for their cycling activities.

Appropriate discounted insurance cover is available through the club's affiliation to British Cycling and is open to all club members.

MTB ride leaders will be happy to offer general advice on off-road riding and will politely point out any deviations from these guidelines to the rider(s) concerned. If they believe that a rider's conduct is

putting others at risk then WBCC provide ride leaders with the authority to exclude the offender from the ride and can subsequently report the circumstances to the club committee who may wish to take further action.

No tuition will be given on WBCC MTB rides. Riders may seek advice from more experienced riders, however any advice given is of a personal opinion only and nobody is qualified to provide professional tuition on a MTB ride. Discussions may arise on how best to navigate a particular hazard but it is not possible to predict or access the capabilities of a rider during these type of rides.

Anyone wishing to advance their skills through professional tuition route should seek the services of a registered competent person or training centre for Mountain Biking. These are normally available at most trail centres

Club Riding Etiquette

See the separate document on WBCC website titled WBCC Ride Etiquette

- We ask that you turn up at least 5 to 10 minutes before each ride is due to commence.
- Ride details will be posted on the WBCC forums, if you are unsure of any ride details please discuss with the Ride Leader.
- Any changes to the ride will be posted on **Spond** at least 30 minutes before the start time; a ride may be cancelled due to inclement weather.
- We ask all riders to listen and obey the instructions provided by the Ride Leader and any nominated riders supporting them. Remember these instructions are provided to ensure your safety and enjoyment.
- During the ride, verbal commands and hand signals are used to identify (where possible) significant hazards to the group.
- All riders must follow the Highway Codes at all times including stopping at red lights and riding no more than two abreast (and the Countryside Rights of Way rules when riding off road).
- Allow car drivers to pass on narrow roads (even if this means slowing down/pulling in), especially if riding in a large group.
- Take care when passing pedestrians, especially children, older or disabled people and allow them plenty of room. Always be prepared to slow down and stop if necessary.

- Take care near road junctions as you may have difficulty seeing other road users, who might not notice you.
- Be courteous at all times, to your club members, other road users, pedestrians and members of the public.
- Do not ride in a dangerous, careless or inconsiderate manner.
- Do not ride when under the influence of drink or drugs, including medicine.
- Be considerate to other riders within the group and ensure there is adequate room between all riders to have a clear view ahead and avoid emergency situations.
- Failure to adhere to the instructions of the Ride Leader may result in a rider being asked to leave the group.

Emergencies

Should a serious incident or accident occur the Ride Leader or nominated person will call 999 or 112 and request the appropriate emergency services as necessary.

All riders must ensure that the WBCC /Ride Leaders are informed of their current emergency contact details in case of an emergency.

Riders should have their emergency contact information with their name and contact details written down and carry it during all club rides.

Although Ride Leaders will do their utmost during an emergency situation, it is considered that riders attend rides at their own risk and ride within their own skill level.

Disclaimer

Wild Bikes Cycling Club (WBCC) Participation and Risk Acknowledgement

Wild Bikes Cycling Club (WBCC) is committed to promoting safe, enjoyable and responsible cycling. Participation in any club ride, event or activity is entirely voluntary, and all members are required to take personal responsibility for their own safety and conduct.

Cycling takes place in environments that may involve hazards and unpredictable circumstances.

These can include road or trail conditions, traffic, weather, surface defects, mechanical failures, interactions with other road users, rider error, and other factors beyond the control of the club or its volunteers.

As a result, participation carries an inherent risk of accident, injury, serious harm, or death.

By taking part in any activity organised, promoted, supported or coordinated by WBCC, participants acknowledge and accept that:

- They choose to participate voluntarily and understand the risks associated with cycling activities.
- They are responsible for assessing their own fitness, health, experience and ability to take part safely.
- They will ensure that their bicycle and equipment are suitable, properly maintained and in a safe condition before participating.
- They will comply with all applicable laws, highway regulations and instructions given by ride leaders or event organisers.
- They will ride in a responsible manner and show consideration for fellow riders, pedestrians and other road users.
- They remain responsible for their own actions, decisions and personal safety throughout any club activity.

Whilst WBCC and its volunteers endeavour to organise activities responsibly and provide information believed to be accurate at the time it is shared, participants should not rely exclusively on club communications when making decisions relating to their safety, route selection, equipment or participation.

Members are strongly encouraged to maintain appropriate insurance cover, including third-party liability insurance, to protect themselves against claims arising from damage, injury or loss caused to other people or property whilst cycling.

Nothing in this statement is intended to exclude or limit any liability which cannot lawfully be excluded. However, participants acknowledge that WBCC, its committee members, ride leaders and volunteers cannot eliminate the inherent risks associated with cycling and that participation is undertaken at the individual's own risk.

By joining WBCC and/or participating in club activities, members confirm that they have read, understood and accepted this participation and risk acknowledgement statement.

Comments and feedback are welcome in writing to the Club Secretary to improve rider's enjoyment and safety

- ❖ wildbikes@gmail.com
- ❖ www.wild-bikes.org.uk
- ❖ www.strava.com/clubs/wildbikes
- ❖ www.spond.com (Wild Bikes Cycling Club)
- ❖ www.britishcycling.org.uk