

# MOUNTAIN BIKER'S RESPONSIBILITY CODE

## **STAY IN CONTROL**

You are responsible for avoiding objects and people

## **KNOW YOUR LIMITS**

Ride within your ability. Start small and work your way up

## **PROTECT YOURSELF**

Use an appropriate bike, helmet, and protective equipment

## **INSPECT & MAINTAIN YOUR EQUIPMENT**

Know your components and their operation prior to riding

## **INSPECT THE TRAILS & FEATURES**

Conditions change constantly; plan and adjust your riding accordingly

## **OBEY SIGNS & WARNINGS**

Stay on marked trails only. Keep off closed trails and features. Ride in the direction indicated

## **BE VISIBLE**

Do not stop where you obstruct a trail, feature, landing, or are not visible

## **LOOK OUT FOR OTHERS**

Look both ways and yield when entering or crossing a road or trail. When overtaking, use caution and yield to those ahead

## **COOPERATE**

If involved in or witness to an incident, identify yourself to staff

## **LEAVE NO TRACE**

Absolutely no littering. Do not feed, provoke, or approach wildlife

