



Ride Rules & Trail Etiquette

Never Take Risks. This is the number one rule; athletes that have a risk-taking attitude or are witnessed to take risks will not be tolerated. A risk is defined as willingly attempting anything that is beyond one's ability to control in a safe manner.

Ride Predictably. When riding with others always ride in a straight, steady, and predictable manner. Swerving onto sidewalks, burms, or jumps is unacceptable and will result in consequences. There is no jumping on team rides; keep both tires on the ground.

Wear a Helmet at All Times. Under no circumstances should a student be on their bike without a helmet fastened to their head. League members will have points deducted for riding without a helmet.

Always Yield. Even if at times it seems inconvenient. Being sensitive to how others perceive you will assure a positive image for our sport and minimize the restrictions that follow negative encounters. *Remember* that bicycles can be an unwelcome experience for horses and hikers.

Pass with Care. Always be kind and polite. Go very SLOW -- go slow enough to say 'hello', and for other trail users to say 'hello' back. Always stop and ask for passing instructions from horse riders. Horse can be easily spooked by bicycles and must be respected.

Stay on Trails. Riding off-trail damages meadows and other fragile ecosystems. Never cut switchbacks as this accelerates erosion. Beware the types of soil you are riding on. Never ride on muddy trails and carry your bicycle around muddy spots.

Control Your Speed. Safe speeds are relative to terrain and your experience as a rider. Be able to stop safely without skidding. Approach switchbacks and turns in anticipation of someone coming around the bend. Respect posted speed limits.

Respect Wildlife and Live Stock. Do not frighten animals. Close gates as you pass through, unless it appears obvious that they have been intentionally left open.

Do Not Litter. Pack out what you pack in, and if possible, pick up other people's trash.

Be Prepared. You should be prepared to fix basic bicycle mechanicals such as flat tires, chain breaks, and conduct simple bike adjustments. Carry and know how to use basic tools, a spare tube and a pump. Expect weather changes and dress appropriately.

Plan Ahead. Make sure you have the necessary items to make sure you are safe: food, water, tools, and warm clothing. Know where you are going and, if distances are involved, do not travel solo.

Minimize Impacts. The practice of minimum impact wilderness use is the philosophy of responsible off-road cyclists. Bring back pictures and memories only.

Ride Only on Legal Trails. As representatives of the League and our sport, League athletes are expected to ride only on authorized trails. League riders caught riding on illegal trails at ANY time, whether on team rides or own their own, will face consequences. See *Code of Conduct* for details.

Print Name

Signature

Date