

MOUNTAIN BIKE/BMX AND EQUIPMENT CHECKLIST AND RESPONSIBILITY CODE:

WHAT TO LOOK OUT FOR IN YOUR EQUIPMENT...

The trails at Burlish Bike Park are challenging on both bike and body. We recommend the use of appropriately sized, high quality, modern bikes with two working brakes.

Before riding always inspect your equipment or have it checked by a qualified bike mechanic and check for any damage after each run of the hill and especially after a crash however minor. Do not ride on damaged equipment.

- Helmets are mandatory at all times when riding a bike at Burlish Bike Park, ensure that your helmet meets standard EN1078 as a minimum, is less than three years old, is in good shape and properly adjusted. We highly recommend the use of full-face protection helmets with higher levels of protection such as ASTFM F1952-DH. Gloves, eye protection and body armour are also highly recommended.
- Inspect bike frame and forks for cracks, damaged or dented areas.
- Ensure you have sufficient brake pads to stop your bike while descending; one working brake is mandatory, and we highly recommend two disc brakes for improved control.
- Front and rear axles (quick release or bolt through type) should be tight.
- Headset and stem must be secure with no looseness or play.
- Tyres: at least 1.5" wide with off-road tread is recommended. Check that your tyres are in good condition, with plenty of tread and no cuts or abrasions in the sidewall and that rims show no cracks or signs of weakness, all spokes should be tight and intact.
- Handlebar and handlebar grips must be tight and unable to spin. Handlebars must have bar end plugs (or grips that fully enclose the end of the bars) installed. **Due to the nature of our trails drop bars are not permitted.**
- Seat and seatpost need to be fastened securely and dropper seatposts checked that they are functioning correctly.
- Check pedals are secure and do not have excessive play.
- Suspension should be in good working order with no leaks or loose parts.
- E-bikes are welcome but they must be classed as an EAPC (electrically assisted pedal cycle), and the motor should not propel the bike beyond 15.5mph. **Bikes with a throttle assist are not allowed.**

MOUNTAIN BIKERS RESPONSIBILITY CODE

Follow the code to ensure that all riders have a fun and safe experience at Burlish Bike Park.

Caution: Mountain biking is a potentially hazardous activity carrying a significant risk of injury including death. It should only be undertaken with a full understanding of all inherent risks.

We reserve the right to remove day passes or ban riders from the park for breaches of the mountain biker's responsibility code.

- Always carry a mobile phone with an ICE (in case of emergency) number installed and make sure it is charged before you leave the house.
- Avoid riding alone, it's safer and more fun to ride with your buddies.
- Stay in control at all times. It is your responsibility to avoid crashing into other riders and objects around you!
- Be respectful and aware of other riders varying skill levels, relax and have fun.
- Do not stop on the trail. Pull off the trail in a safe place if you need to stop for any reason.
- Respect the trail gradings, read the grading descriptions and the trail difficulty index. Begin on the easier trails and do not ride trails that are beyond your current level of ability.
- Even if you have ridden a trail before, be careful, we may have made changes, debris may be present, check before you ride
- Be aware that the Bike Park trails are set in a woodland environment which poses risks including: trees, stumps, branches, brash and vegetation can cause injury. Woodlands are unpredictable environments where trees can be subject to lose limbs, branches may snap or blow over in high winds or extremes of temperature and weather.
- Trail conditions change with the seasons and the weather; mountain biking is an all-weather sport but respect the added challenge and risk that rain, ice, mud, dust and wind can pose to you. If it is windy, do not attempt jumps; keep both wheels on the ground and stay on the easier trails.
- Avoid riding when daylight has faded and note it will be significantly darker within the woodland than on open ground.
- Keep off closed trails and woodland areas and obey all signs and warnings.
- Stay on marked trails only. Do not cut switchbacks or modify trails.
- Do not push or ride up trails.
- Respect your environment; please take your litter home with you!
- Keep out of the Bike Park if your ability is impaired through the use of drugs or alcohol.
- Be friendly, courteous and respectful to your fellow riders, poor conduct will not be tolerated.
- All riders under 18 years of age must prove their parent or legal guardian's consent by completion of our digital waiver form.
- Please help us maintain the park. If you see a problem on the trails report it to us.
- Know your limits!

Have fun, ride safe!