



**RIDELINES**  
MOUNTAIN BIKE TUITION  
ESSENTIAL RIDER NOTES

Please bring your fully completed participation form with you on the day of your session. This form can be found at the bottom of this PDF. Please pay special attention to making your writing clear. If you do not bring this form to the session your instructor will have you complete one. Please note that this may eat into your session time. **See Covid-19 Guidelines below for why you should do this.**

Our half day sessions last around 3 hours and our full day sessions 5-6 hours. With this in mind, please bring plenty to eat and drink as your lunch stop will most likely be on the trail as there are no shops or amenities in the forest or on the trails. Please pay special attention to the following bullet points for items you should bring to your session.

Should you not be sure of the suitability of any of your equipment, please contact us before your session to see if we can help. We can supply bikes, gloves and helmets should you need them (charges may apply)

## **PLEASE BRING THE FOLLOWING EQUIPMENT TO YOUR SESSION**

- An undamaged, well fitting, good quality cycling helmet.
- Long fingered cycling gloves.
- Suitable clothing for the conditions on the day.
- At least 1ltr water.
- Food and carbohydrate based snacks.
- A rucksack for all your stuff.

## **COVID-19 PRECAUTIONS: PLEASE READ CAREFULLY.**

Our priority remains to protect your health and the health of our instructors and the wider community including the emergency services and mountain rescue to suppress the spread and limit the risk of COVID-19 virus. A more detailed version of our Covid-19 risk assessment descriptor is available on request. It contains more detailed measures on how our instructors will protect your wellbeing in context.

**You can also help by observing the following simple steps during your activity.**

- Bring the appropriate clothing/equipment/food and water as per your booking info pack.
- Email your completed medical / participation form where possible. If you cannot do this, please arrive with it filled in.
- Wash hands/use hand gel throughout the day and before eating/drinking.
- Avoid/minimize touching your face. Particularly the mouth eyes and nose.
- Wear riding gloves and safety glasses.
- Maintain social distancing throughout the day when possible
- Do not share any equipment, spares, tools, food and water
- Maintain social distancing when passing other riders
- Make sure your bike and equipment is in good working order before attending your course.
- Help us all by doing as your instructor asks. If you do not comply with the measures put in place for everyone's safety. You will be excluded from the activity with no refund.

## RECOMMENDED EXTRA EQUIPMENT

- Protective glasses.
- Knee pads are strongly recommended but not essential.
- Simple spares including a spare inner tube, bike pump and multi-tool.
- A fully charged Mobile phone in case of emergencies.
- Flat shoes and pedals are strongly recommended for Jump courses.
- If you have toe-clips on your pedals. Please remove them before the session.

## HIRE BIKES

You are responsible for looking after hire bikes and must notify us of any defects as soon as possible. You are liable to the bike hirer for any loss or damages to the hire bike. You must commit to return the hire equipment on time and in the same condition as you received it. You may not sell, hire or otherwise part with any hired or loaned equipment for the duration of your session.

## MEDICAL CONDITIONS

By participating, you confirm that you are fit to complete the activity and that you have informed us of any medical conditions affecting your participation in the package. You must notify us of any specific medication and dietary requirements you need during the day. If your condition requires medicines or ongoing treatments within the timescale of your session, you must bring these medicines with you.

Your instructor cannot administer certain medicines, you must be capable of this yourself or have someone present and designated who can.

## YOUR BIKE & EQUIPMENT

A well-fitting, serviceable mountain bike is the minimum requirement for your session. Your instructor will do a basic check on your bike determining its suitability. Your instructor can adjust your bike, but not perform maintenance. Please make your best effort in bringing your bike in good condition.

Your instructor will also check your helmet. If your helmet has any signs of visible damage, they will NOT pass it for use during the course. Please inspect your helmet beforehand and ensure that it is not damaged. If you know that your helmet had been in a crash but it is not visibly damaged. We strongly recommend that you buy a new one.



## OUR DUTY OF CARE TO YOU

Ridelines instructors are veterans of hundreds of individual and large group mountain bike experiences. We have a proven, demonstrable track record in delivering safe, enjoyable and productive sessions. Your instructor will never “tell” you to do anything you do not want to do, and you are under no obligation to do anything you may be asked to do. You are also under no obligation to stay for the duration of your session should you want to leave for any reason.

Your instructor will always be sensitive to any emotional, cultural or medical considerations on your session and will listen to any concerns you may want to have heard in private.

Our number one priority is your safety and enjoyment. Therefore, we choose our people carefully, to be the most professional leaders and instructors we could possibly put in front of you. All our instructors are qualified to lead and coach you by several different national governing bodies for cycling. All our instructors are also **PVG** checked regularly.

If you would like any more information about our instructors then please [contact us](#).

## YOUR RESPONSIBILITIES

Mountain biking involves elements of risk and discomfort. The completion of your participation represents acceptance of this. It is imperative that you ride **WITHIN YOUR CAPABILITIES** always. If you are unsure of your capabilities, you must walk when you are not confident riding. Your instructor will always respect your right to caution regarding your Ridelines activity. It is a condition of participation that you always wear an approved safety helmet and agree to abide by the authority of the leader of the group. Should your instructor have any concerns that their authority is in question, they have the right to end the session without notice.

By signing the participation form, you also commit to attending all meeting points in good time. Should you be over 1 hour late for your session, Ridelines reserves the right to cancel without re-imbusement of any monies paid.

It is assumed by RIDELINES (Mountain Bike Tuition) Ltd. that as part of your booking your session that you have read, understood and agree to our full terms and conditions and you commit to attending all meeting points in good time. It is **YOUR** responsibility to contact your instructor should you be running late.

Please click [HERE](#) for our general terms and conditions.



If you have any questions or concerns, please speak to your Instructor on the day of your course. Please fill in the information below, read the Terms and Conditions, and sign to verify that they have been read and understood

**YOUR DETAILS**

Participant Name: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
Date of course: \_\_\_\_\_  
Telephone number: \_\_\_\_\_  
E-mail address: \_\_\_\_\_

**EMERGENCY CONTACT**

Emergency contact name: \_\_\_\_\_  
Relationship to you: \_\_\_\_\_  
Emergency contact number(s): \_\_\_\_\_

**HEALTH ISSUES**

Please tick if the participant suffers from any of the following:

Migraine  Heart condition  Asthma   
Diabetes  Chronic bleeding  Epilepsy

Other \_\_\_\_\_  
\_\_\_\_\_

Is the participant presently taking any medication? Yes  No   
If yes, please state the name of medication(s) and dosage(s):

Please give details of any major injuries or illnesses in the last 6 months. Include any breaks, strains, ligament damage, dislocations, glandular fever etc. Please specify any allergies, e.g. drugs (penicillin) / foods / Insect bites or stings / other, and the level of illness (e.g. mild / life threatening)

Please tick the box if you do not want RIDELINES to use any images taken during the session to be used for marketing purposes

**SIGNATURE (by parent or guardian if under 18):**

**DATE:**