

# **RIDELINESMTB**

## ESSENTIAL RIDER NOTES

### **SUSPENSION SET UP DAY COURSE. INNERLEITHEN.**

Your course will take place at the Ridelines MTB learning centre. 18 High Street Innerleithen EH44 6HF. Please arrive at 8:30am for a prompt 9:00am start.

Click [HERE](#) for directions.



Please bring your fully completed participation form with you on the day. This form can be found at the bottom of this PDF. Please print or write clearly. This form will be used in case of emergency and it is important that it can be easily read.

Your session will end at around 4pm. Please bring plenty to eat and drink as your lunch stop will most likely be on the trail. There are no shops or amenities out on the hill. 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. Please note that if we find any of your equipment to be unsuitable for the days activities, we may exclude you from taking part without reschedule or refund.

Please dress for the prevailing conditions on the day of your course. The weather for Innerleithen can be found [HERE](#)

### **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.**
- **Food, snacks and plenty to drink.**
- **A suitable rucksack for all your stuff.**
- **Any tokens, volume spacers that you have for your forks only.**
- **A shock pump if you have one. (you can also buy one from us during the course)**



## 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.

## 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.

If you have any concerns about how we are dealing with your safety in the light of COVID-19 please click [HERE](#) for details.



## OUR DUTY OF CARE TO YOU

Ridelines instructors are veterans of thousands 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 team 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 30 minutes 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.



The completion and signing of this form assumes that you have read our terms and conditions, verifying that they have been understood at the time of booking your course.

**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	<input type="checkbox"/>	Heart condition	<input type="checkbox"/>	Asthma	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	Chronic bleeding	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>
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     

**PARTICIPANT SIGNATURE:**

**COURSE DATE:**