



MTB SKILLS SESSION JOINING INSTRUCTIONS



Thank you for booking with Ridelines. We're looking forward to meeting you for your session! Your instructor will greet you at the time and date of your session at the Riders Retreat Glentress. Upon meeting, they will collect your participation form (at the foot of this document), give your bike a quick safety check and discuss your aspirations for the session ahead.



Please click [HERE](#) for directions to The Riders Retreat meeting point. Please click [HERE](#) for a downloadable copy of our participation form. Please click [HERE](#) to review our lateness and cancellation policy. Please bring a completed participation form with you on the day of your session. You can find parking at the Glentress 7 Stanes car park. Your parking charge will go towards the upkeep of the trails. You can find directions to the car park [HERE](#)

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. 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.

ESSENTIAL EQUIPMENT FOR THE SESSION

- An undamaged, well fitting, cycle helmet.
- Suitable clothing for the prevailing conditions.
- At least 1litre of water or liquid for hydration.
- Food and snacks to last you the whole session
- A suitable robust rucksack for all your stuff.

RECCOMENDED EXTRA EQUIPMENT

- Full fingered cycling gloves and protective glasses.
- Knee pads are strongly recommended but not essential.
- A correct spare inner tube, bike pump and multi-tool.
- A fully charged Mobile phone in case of emergencies.
- Flat shoes and pedals are recommended for learning.

BIKE HIRE, WHERE TO STAY, EAT AND DRINK

We like to support local businesses like ours for services you might need whilst visiting The Tweed Valley. Our main partner for food and accommodation is The Riders Retreat at Glentress. You can also visit the cafe and restaurant at the Handlebar & Grill for coffee, cake, a tasty lunch or a full on evening meal.

Attached to Riders Retreat The Riders Retreat is E-Bike hire Scotland for all your E-bike hire needs. They have top quality, high performance long range bikes that enable you to explore the whole forest on a single battery.

You can check bike hire availability [HERE](#).

If you cannot secure availability at any of the above we have other recommended places to stay [HERE](#) and alternative bike hire options [HERE](#).

YOUR EXCLUSIVE 20% RIDELINES / MADISON DISCOUNT



Ridelines are supported by Madison clothing. You can get an exclusive 20% discount on Madison clothing by using the code **MCLRIDELINES20** and the Madison / Freewheel website [HERE](#)



ARE YOUR MEDICALLY FIT TO TAKE PART?

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 session. You must notify us of any specific medication and dietary requirements you need during the day by way of your participation form. If your condition requires medicines or ongoing treatments within the time-scale of your session, you must bring these medicines.

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

BASIC EQUIPMENT CHECKS

A well-fitting, serviceable mountain bike is the minimum requirement for your session. Your instructor will perform a basic check on your bike determining its suitability and mechanical safety. Your instructor can adjust your bike for basic fit, and for setup advantages on the trail, but cannot perform major maintenance. Please make your best effort to bring your bike in a good, serviceable condition.

Your instructor will also check your helmet. If it has any signs of visible damage, they will not pass it for use during the session. 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 either of these mandatory pieces of equipment fail these basic tests, you may not be able to take part in your session. In this case you would not be entitled to a refund or rescheduled session.

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 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 of our instructors are carefully vetted and are subject to regular checks through Scotland's PVG scheme.

YOUR RESPONSIBILITIES

Mountain biking involves elements of risk and discomfort. The completion of your participation form represents your understanding and acceptance of this. It is required that you ride within your capabilities as observed and outlined by your instructor. Your instructor will always respect your right to caution regarding your Ridelines activity. It is a condition of participation that you always wear a checked and approved safety helmet and agree to abide by the instructions of Ridelines staff at all times.

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 commit to attending all meeting points on time. Should you be over 30 minutes late for your session, Ridelines reserves the right to cancel without re-imburement or rescheduling.

It is assumed by Ridelines (Mountain Bike Tuition) Ltd. that by booking and attending your session that you have read, understood and agree to our full terms and conditions. If you need further clarification on any of our terms, please click [HERE](#)



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

Date of session
Participant name
Date of birth
Mobile number

YOUR EMERGENCY CONTACT

Contact name
Relationship to you
Contact number
Are they aware that you are on a course? Yes __ No__

PARTICIPANT HEALTH ISSUES

Please tick if you suffer symptoms from any of the following conditions. If you are carrying medication for any medical conditions please direct your instructor to where you keep them.

Regular Migraines [] Heart condition or surgery [] Asthma / breathing issues [] Chronic bleeding []
Blood thinning medicine [] Diabetic / hypoglycemic [] Epilepsy [] Allergies [] Recent bone breaks []

Please use this space to elaborate on the above or list any conditions that do not appear above. This includes breaks, strains and breaks suffered in the last 6 months. Please also use this space to list any temporary conditions or illnesses you have had in the last six months.

Please also list any allergies in this space. For example drug allergies foods allergies, reactions to insect bites or stings. Please inform your instructor as to the consequences (mild - life threatening) of your reactions to these allergies and let them know where any reactive drugs / treatments are located.

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Ridelines may use images taken taken during your session for promotional purposes. Your name or details will never be used as per our data protection policy. Please tick here if you do not wish us to do this. []

By signing and dating below, you acknowledge your own understanding of both the Ridelines terms and conditions of sale as pointed out at the point of sale. This includes any obligations to your instructors authority and your personal duty of care.

Signature of participant (parent or guardian if under 16)

Date of activity