



Source

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RESPECT Yourself

- Ride within your ability
- Expect foreseeable risks
- Stay hydrated
- Plan your ride
- Enjoy your ride with mates
- Carry tools and spares
- Take a mobile phone

RESPECT Others

- Respect other visitors to the forest
- Expect someone may be around the next corner
- Slow to approach others
- Pass with care
- Everyone wants to enjoy the trails
- Control your speed
- Train when the trails are not busy

RESPECT the Environment

- Ride only on trails open to MTB
- Experienced riders stay on the trail
- Stay off muddy trails after rain
- Pack out what you carry in
- Environmental protection of all living things
- Contribute to trail care
- Trails are damaged when you skid

Or more simply put ...

Ride Safe	Be Prepared	Prevent Trail Damage
<ul style="list-style-type: none"> • Control your speed • Pass with care • Be courteous 	<ul style="list-style-type: none"> • Carry water, food, repair kit • Take a map, mobile phone • and first aid kit 	<ul style="list-style-type: none"> • Avoid muddy trails • Stay on the track • Avoid skidding