



Guidelines for Mountain Biking

Section 11

Setting Up the Trip



- If choosing to take out beginners, make sure to teach basic skills to avoid injury, such as how to fall, how to lower seat for steep down hills, and how to balance pedals to try to avoid hitting rocks.
- Learn trail conditions in advance. Have an alternative plan if the trail conditions do not allow planned activity.
- Do not go on muddy trails because it will damage the trails. Stay off trails that do not allow mountain biking!

Running a Trip



- Leader should carry and/or make sure participants are carrying other emergency supplies, such as: repair kit including pump, patch kit, spare tube, tire irons, chain tool, spoke wrench, and allen wrenches; first aid kit; compass; maps and/or trail book.
- Remind participants of problem spots such as rocky hills (both up and down) and make sure participants space themselves sufficiently so if someone falls, the next person will have enough time to get around or stop. Suggest participants wear protective eye gear (sunglasses or clear glasses) to avoid injury to eyes from trees.



- Reference books

Mountain Biking Skills, by Royale Press, by the editors of Bicycling Magazine; and Mountain Biking: The Complete Guide by Sports Illustrated and Bob Woodward.

Read books on outdoor medicine such as, Medicine for Mountaineering by James A. Wilkerson, MD.



- End of Mountain Biking Safety Guidelines