

Trail/Class Etiquette

Researched and Written by Women's Only Mountain Biking Inc.

When riding the trails either during a class or with a group of friends, it's important to know about the following rules/guidelines especially since many trails are designated "multiuse" and may be popular with walkers, hikers, equestrians as well as mountain bikers. In order to enjoy your time on the trails as well as for your own safety and the safety of others, please consider the following:

- Ride single file and in the "Buddy System" at all times. Never ride alone.
- Yield to walkers, hikers and horses.
- Let others know you are approaching by using a bell or a friendly greeting. If it is a large group indicate how many riders are following behind you.
- Downhill riders yield to uphill riders. It is usually much easier to start on a downhill than on an uphill.
- Let those behind you know about oncoming "traffic". (e.g. runners approaching)
- If you cannot see the rider behind you in the trails you have gone too far. Do not make a turn unless the person behind can see you and acknowledges hearing your "right/left" call.
- If asked to wait at a certain location, please do not stray away.
- Obey all traffic signs on the road. (i.e. "act like a vehicle")
- Please report all accidents and injuries to your instructor.
- If an injury occurs and it requires the injured person to leave the class the 'Buddy' will be required to escort the injured person home or to seek medical attention.