

CHECKLIST

Mountain Bike Parks/Trails are rough and demanding on both the bike and body. Before riding, always inspect your equipment or have it checked by a qualified bike mechanic.

HELMETS ARE MANDATORY ON ALL TRAILS WITHIN BIKE PARKS. Full face helmets are strongly recommended for all downhill trails.

- 1** Ensure your helmet is undamaged, fits securely and is appropriate for the riding you are participating in.
- 2** Ensure bike is correct for intended use and correctly fitted to the rider.
- 3** Inspect bike frame. Look for cracks, damage/dents.
- 4** Ensure front and rear brakes are in working order and provide adequate stopping power while descending.
- 5** Ensure suspension is in working order and set for your weight and riding ability.
- 6** Bolts and connection points must be tight and secure.
- 7** Tires must have adequate tread and be inflated to an appropriate pressure.
- 8** Handlebars and grips must be properly secured.
- 9** Seat and seat post must be fastened securely and at the appropriate height for the type of riding.