

MOUNTAIN BIKING PRE-RIDE CHECKLIST



BE AWARE. RIDE WITH CARE.

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** Inspect bike **frame**. Look for cracks, damage/dents.
- 3** Ensure front and rear **brakes** are in working order and provide adequate stopping power while descending.
- 4** Ensure **suspension** is in working order and set for your weight and riding ability.
- 5** **Bolts and connection points** must be tight and secure.
- 6** **Tires** must have adequate tread and be inflated to an appropriate pressure.
- 7** **Handlebars and handle grips** must be tight and unable to spin.
- 8** **Seat and seat post** must be fastened securely and at the appropriate height for the type of riding.

If you are unsure how to perform any of the inspections above, see a qualified bike mechanic.

