



Mountain Biking Safety and Etiquette

Dirty Girlz Bike Club rides are hosted **not** coached.

Safety

1. Make sure your mountain bike is in good working order. If it's not, you will inconvenience yourself, others around you and the enjoyment of the ride. You will also increase the likelihood of injuring yourself and others. Have your bike regularly serviced by a qualified mechanic.
2. For insurance purposes and your safety, if you don't wear a helmet and don't have proof of club membership, you will not be permitted to ride with us. **No exceptions.**
3. Pedal-assisted mountain e-bikes are permitted on club rides on trails in the CRD's regional parks. Refer to the [CRD's website](#) for specific details about which e-bikes are permitted. Note: Areas outside the CRD may not permit mountain e-bikes.
4. For the safety of all riders, dogs are **not** permitted on official Dirty Girlz hosted rides. These are rides for which sign-up is required and are posted as "events" in the Spond app.
5. Be prepared. Bring enough water for your ride length, food, repair kit (tools, extra tube, pump), appropriate clothing for forecasted weather and a first aid kit. Be responsible for yourself.
6. Maintain control. Losing control of your bike significantly increases your risk of injury, the risk of injuring others and your impact on the environment.
7. Ride don't slide. Avoid skidding. Skidding reduces your control and damages the trail.
8. Ride to the conditions. Your ability to control your bike will change in different trail and weather conditions. Ride within the conditions to protect yourself, others, and the environment.
9. Keep right where possible, consistent with traffic regulations. This minimizes the risk of collision.
10. Pass with care and give plenty of warning. Always announce your intention to pass another rider and leave enough space to do so safely. Be prepared to stop if necessary.
11. Anticipate other trail users around corners or in blind spots.
12. We have a no-drop policy. All riders are expected to keep tabs on the rider behind them. Be patient, wait for others, and be prepared to look for and help injured or lost riders. We are all responsible for each other's safety.
13. Keep a safe riding distance from other riders – no closer than two bike-lengths, but preferably more – from the rider in front of you.
14. Make any concerns or issues known to the ride host e.g., injuries, abilities, time constraints, etc.
15. Listen to the ride host – which direction to go, splitting the group, keeping the group together, etc.
16. All members should know how to fix common bike problems on the trail e.g., flat tire, etc. If you don't know how, sign up for a workshop at your local mountain bike shop.
17. Buy mountain biking-specific insurance!

Etiquette

1. First, treat everyone you meet on the trail like you'd treat someone you really, really like. Everyone is here to have a good time and being nice solves a lot of problems before they happen.
2. Yield. Yield. Yield. To pedestrians and equestrians. **All the time.**
3. If going downhill, yield to uphill bike traffic. It's much harder to start again when moving uphill.
4. Stay on the trail. It's not cool to ride in the grass/bushes/or mud to pass by someone.
5. Skidding to a stop is bad trail etiquette, startles fellow riders and prematurely wears out your tires.
6. Stay in control and ride within your limits.
7. Be nice to the animals. That means don't run over, chase or taunt anything.
8. Ride only on sanctioned trails. We don't want to lose access to the trails, so please don't mess it up.
9. Don't make a mess of our space. Some people say, "Leave no trace." That's almost right. We think it should be, "Make it nicer than before you came."
10. Support trail maintenance. No trail maintenance = no trails = no riding.