



**PARTICIPATION STATEMENT
CHAIRLIFT UPLIFT FOR MOUNTAIN BIKES**

NOTES

1. Minimum age for riding the Glencoe Downhill Track is 12 years
2. Participation Statement must be completed & signed every time a rider buys a bike uplift ticket

| | |
|---|-----------------|
| Name | Age |
| Address Street Town/City | Postcode |
| Email Please complete if you wish to receive information and future offers | |

I have ridden similar steep, technical single-track before Yes No

I have read and understand the Code of Practice Yes

I am not aware of any medical condition which would prelude me riding the tracks Yes

I understand that:

Mountain Biking is a dangerous activity and I am prepared to ride at my own risk Yes

I must wear an appropriate helmet correctly fitted, full face helmets and armour advised Yes

My bike is suitable for the track(s), disc brakes and suspension are advised Yes

I must proceed from the top station to the track starts with respect for all visitors Yes

I must remain on the track, without cutting corners Yes

I must be aware of vehicles, walkers, workers & slower cyclists, as tracks cross other roads & paths Yes

I must ride with care when passing other people on the track Yes

I must obey all signs and instructions from staff Yes

Declaration

Signature _____ Date _____

Must be signed by a parent or guardian of persons aged 15 and under

Emergency Contact

Name _____ Telephone number _____