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PARTICIPATION STATEMENT

CHAIRLIFT UPLIFT FOR MOUNTAIN BIKES



NOTES

1. Minimum age for riding the Glencoe Downhill or Cross Country Tracks is 10 years. All riders aged under 16 years **MUST** be supervised by an adult.
2. The Participation Statement and Code of Practice must be read and understood every time a rider buys a bike uplift ticket.
3. By purchasing a bike uplift ticket you are agreeing to adhere to the Glencoe Mountain Bike Code of Practice. You are also indicating your agreement with and understanding of the following statements:

For the downhill and cross country tracks:

- I have read and I understand the Code of Practice
- I do not have any medical condition(s) which would prevent me from riding the tracks
- Mountain Biking is a dangerous activity and I am prepared to ride at my own risk
- I must wear an appropriate helmet, correctly fitted, and I acknowledge that the use of a full face helmet and armour is advised
- My bike is suitable for the track(s). I understand that disc brakes and suspension are advised
- I must proceed from the top station to the track start point, with respect for all other visitors
- I must remain on the track when cycling, without cutting corners
- I must be aware of vehicles, walkers, workers & slower cyclists. Some tracks cross other roads & paths
- I must ride with care when passing other people on the track
- I must obey all signs and instructions from staff
- I must use toilets provided OR my ticket will be removed

For the downhill tracks only: I am a competent rider, and have ridden similar steep gradient, technical single-track routes in the past.

For the cross country track only: I am a competent rider, and have ridden similar 'natural' style mountain bike tracks in the past.