



# Mountain Biking

Recreational activities are pillars of summer/winter camp, summer school, and recreational center experiences. They provide an opportunity for socialization and learning in a fun setting. These activities also provide an increased liability and potential for staff and/or participant injury. The safety of participants and staff should be standard operating procedure. It should be completed to the highest professional standards and in line with federal, state, local, and accrediting agency guidelines. The following checklist template provides a high level oversight to assist with your activity structure. Your organization is responsible for the development of your own written program guidelines and policies for the oversight of your activities. Through consistent management and preventative programs, exposures can be reduced to help ensure a safe recreational experience.

Mountain biking has inherent risks. There should be a selection process to validate the participant can ride and handle a bike. Make sure to test the participant's balance/coordination.

## Safety Tips:

- Stretch and warm up for 5 - 10 minutes
- Always wear a properly fastened helmet
- Keep your bike tuned up
- Check all bolts and nuts to make sure they are properly tight/snug
- Bring repair equipment
- Wear bright clothing and body armor
- Shift into lower gears when biking up hills
- Ride to your ability and be in control
- Don't get cocky
- Use the right gear for the right situation
- Always keep your speed at a manageable level
- Ride existing open trails only - never create a new one
- Be aware of your surroundings and other trail users
- Be courteous to horseback riders on multiple use trails
- Always yield the trail
- Do not ride wet and soft trails
- Leave no trace (muddy trails are vulnerable to damage - consider other options if a trail is soft or muddy)
- Use your brakes intermittently on rough terrain
- Always cover your brakes
- Look ahead at least 40 feet on the trail
- When descending the mountain, lean back far enough but not too far

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- If you fall, try to tuck and roll – control where you fall if you can
- If you stop on the trail, pull off to the side
- Never scare animals (stay alert, give animals enough room and time to adjust to you, never disturb wildlife, cattle or domestic animals)
- Check weather forecast, in advance and during ride
- Have staff in front leading the way on the trail/route and at the back
- Have a three or four-wheel motorcycle with a cart (if feasible) to carry items needed so the clients don't have to carry anything.

### Checklist of Items to Bring:

- Cell phone (staff, chaperones, parents)
- Medical information/emergency contact card
- Emergency whistle
- Performance food/gels/drinks (bring extra)
- Helmet
- Bike tools (6" adjustable wrench, spoke wrench, spare spokes)
- Tire pump, CO<sub>2</sub> inflator cartridges, patch kit, spare tube, spare tire, pressure gauge
- First aid kit
- Gloves
- Map/Compass (Guidebook or route description)
- Sunscreen, Insect repellent, Lip balm, Baby wipes,
- Sunglasses
- Rain gear
- Lights (flashing) for evening/night visibility

### Additional Resources:

[Mountain Biking Etiquette](#)

[Tread Lightly - Mountain Biking Tips](#)

[Global Mountain Bike Network](#)

Providing solutions  
to help our members  
manage risk.®

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and safety needs, contact  
Nationwide Loss Control  
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