



# WILD BIKES CYCLING CLUB



## MTB Guidelines

Email Us: [wildbikesclub@gmail.com](mailto:wildbikesclub@gmail.com)

Web: [www.wild-bikes.org.uk](http://www.wild-bikes.org.uk)

Facebook: [Wild Bikes Cycling Club \(Public\)](#)

[Wild Bikers & Wild Bettys Members Page \(Members Only\)](#)

Strava: [www.strava.com/clubs/wildbikes](http://www.strava.com/clubs/wildbikes)

### Mountain Biking Introduction

All riders are requested to ride a Mountain Bike type bike. There are many different types of MTB's (No suspension, front or full suspension type bikes) all of these bikes offer different riding characteristics and there are advantages & disadvantages to the rider and the terrain. It is the riders responsibility to select the most appropriate type of bike for the posted route.

### Ride Categories

All MTB rides will be split into the following two categories unless otherwise stated.

#### Social Rides;

These rides will be at a social pace with regular stops, generally using cycle ways and various off-road paths to provide an introduction to MTB'ing or enjoying a more rural ride. The route may contain sections of undulating, flowing single-track which features changes in riding surfaces, levels and gradients. Basic mountain bikes, trail bikes or similar bikes with trail type tyres should be suitable for these rides.

#### Club MTB Rides;

These will be at a faster pace with minimal stops. They will require a greater level of fitness, stamina and competence. The route will contain challenging climbs, tricky descents and technical features such as drop-offs and large rocks. A good quality MTB will be required for these rides and as a minimum requirement front suspension would be recommended. Cross and trail bikes are still acceptable but will depend on the competence of the rider. Please speak with a MTB ride leader before attending these rides.

### MTB Safety Gear

The following protective gear is regarded as the minimum standard for all MTB rides.

- **Cycling Helmet**
- **Protective Eyewear (Tinted or clear lenses may be used depending on the light levels)**
- **Gloves (Fingerless gloves may be worn but do not offer the same protection of full finger gloves.**

Additional protection may be required depending on your riding style or the terrain and location of the rides. (i.e. Trail Centres). Some trail centres have mandatory requirements for additional cycling protection. This must be complied with at all times.

- **In addition to the above**
- **Knee Pads**
- **Elbow Pads**
- **Full Face Helmet**

### Essential Kit

When MTB'ing there may be times that we will be riding away from public roads and the general public. There may also be no available phone signal.

Therefore the following kit is recommended for all MTB rides.

- **A spare inner-tube size specific to your bike**
- **A small toolkit or multi-tool specific to your bike**
- **Any additional spares/items (chain link, rear hanger, puncture repair kit, cable ties, gaffa tape etc)**
- **A small bag (back-pack or saddle pouch to store the essential kit.**
- **Cycle clothing suitable for MTB riding and the weather conditions.**
- **WBCC Membership Card with emergency contact details. stored in an easily accessible position, preferably in a back pack or saddle poach.**

**Safety Note :**the carrying of tools or other hard objects in your cycling jersey/riding gear must not be undertaken. There is a risk these objects have contributed to more serious injuries should a rider fall off their bike. Back-packs or saddle bags should be carefully packed and secured with the aid of suitable straps to minimise movement and coming loose when riding.

To increase the ride enjoyment and minimise the number of punctures during a ride, we encourage all riders to use "Slime" in their tyres. These are available as an inner-tube containing slime or when riding tubeless tyres the solution can be poured into the tyre. A spare tube must be carried at all times even when riding with slime. Discuss with your ride leader or local bike shop for further information.

### MTB Ride Leaders

MTB ride leaders will perform a pre ride induction prior to all MTB rides to explain the following:

- **Ride / new rider introductions**
- **Ride Type / Route / Ride Order / Buddy System**
- **Any lessons learnt from previous MTB rides**
- **Any particular hazards on the route**

This is your opportunity to ask any questions to the ride leader prior to the ride. If you are unsure at any point during the ride please stop at a convenient point and speak with your ride leader.

The ride leader may decide to stop the ride for any of following reasons:

- **To correct ride behaviour**
- **Advise of a particular hazard ahead**
- **Open a discussion about a particular hazard/obstacle**
- **Allow all riders to regroup**
- **Gain group feedback**
- **Adjust the route, pace or technical element if conditions change.**

## MTB Riding

Mountain Biking can seem very daunting to a new or inexperienced rider and at times can demand a high level of concentration.

Riders must ride within their own capabilities at all times. Any hazards that are encountered must be treated with respect and if you are in any doubt with regards to your own capabilities then you must stop and inform the ride leader immediately.

New or inexperienced riders must never ride alone and normally your ride leader may request you to ride with a more experienced rider; or in a certain rider order. The reason for this is to ensure riders are monitored throughout the ride and the ride leader or experienced riders may be able to offer assistance if required. Speak with your ride leader should you have any concerns when riding within the group.

When riding off road trails; riders generally adopt a single file riding position allowing sufficient space between the rider in front of them. This is to allow for sudden changes in direction, sudden braking or hazards along the trail. A typical distance would be approximately 5 to 10 metres depending on the terrain and speed. This distance is a guide only and riders should ride within their own capabilities.

Riding on the rear wheel of the person in front of you is not acceptable when riding off road.

When riding in a group, it is the lead rider that sets the pace. On technical trails you must not pressurise the rider in front of you, both verbally or by riding in a harassing or aggressive style.

The ride order must be maintained when riding down single track trails or forest/wooded sections. It is your responsibility to inform other riders or the ride leader if you notice the rider in front of you or behind you missing. They may have missed a turning point or been unfortunate enough to fall off.

When riders approach a junction or change of direction in the trail, you must check behind you to ensure the following rider has seen where you are going. If there is no one following you must stop and wait for the following rider. If the group becomes fragmented your ride leader will back track any changes in direction, instructing all other riders to wait.

Communication within the MTB group is very important to advise of any hazards along the trail.

All riders are requested to shout out any obvious hazards (tree stump, holes, large rocks etc.) that may cause a hazard to following riders. Both verbal and hand signals help a following rider to prepare for the hazard ahead. All riders in the group must shout out any unfamiliar hazards.

MTB riders should watch out for all other riders in the group. If anyone is struggling or has to stop for any reason, everyone has a responsibility to communicate this up to the front of the group. Additionally if you are struggling with the pace please shout "Pace" rather than suffering in silence and possibly causing the group to fracture.

## Ride Etiquette

Be courteous to other road and trail users wherever possible. Any incidents must be reported to the ride leader immediately so that the situation can be dealt with accordingly.

Do not react to bad driving incidents with gestures or provoke retaliation.

All riders must obey the Highway Code and Country Code at all times.

Please read through the following documents that are available on the WBCC website, these documents provide additional guidance for riding in the WBCC:-

**WBCC Ride Rules Jan 2016**

**WBCC Ride Etiquette Jan 2016**

## MTB Trail Centres

These trips will be advertised within the MTB ride programme. and are open to all Social and Club MTB'ers based on the availability of a ride leader for the type of ride.

Riders must not attend these rides unless they have established themselves with the necessary skills to undertake these type of rides, please discuss with a MTB ride leader first.

The following table provides some guidance on the type of trails depending on the location. Riders must satisfy themselves that they are able to ride the advertised trail.

Trail	Suitable For	Trail Description
Green	Beginners in good health with basic bike skills. Most types of hybrid and basic mountain bikes.	Relatively flat and wide.
Blue	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Contains sections of undulating, flowing single-track which features small unavoidable banked corners and grade reversals.
Red	Proficient mountain bikers with good off-road riding skills and fitness. Good mountain bikes.	Challenging. Climbs, tricky descents and technical features such as drop-offs and large rocks.
Black	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge and difficulty. Expect large and unavoidable features.

Riders MUST ride within their own capabilities and must not attempt any ride if they feel they are unprepared.

## Guidelines for MTB riding with the Wild Bikes Cycling Club

Wild Bikes Cycling Club (WBCC) wants riders to gain maximum enjoyment from their group rides in a safe and sensible manner.

Whilst these guidelines are not exhaustive, they seek to offer some advice on the expected level of skills and etiquette required to ride within the MTB group.

These guidelines have primarily been drawn up to help members who have never ridden off road before, however we would like everyone who participates in the MTB rides to read this document and to follow the advice given. If you are unsure of any of the content, please talk to one of the MTB ride leaders prior to joining a MTB ride. You will not be able to join a MTB ride unless you have confirmed that you have read and understood this document.

Please note, these guidelines are not intended to curb anyone's enthusiasm on a ride, they are implemented to ensure yours and the groups safety and enjoyment are maintained whilst riding with the WBCC.

## Risk Management

All riders taking part in WBCC group rides do so at their own risk and are expected to ride within their own ability.

Although some risks can never be totally eliminated they can be minimised by following these useful guidelines.

WBCC welcomes all riders, but does not assume any liability for your participation. WBCC strongly recommends that all members take out appropriate third party liability insurance for their cycling activities.

Appropriate discounted insurance cover is available through the clubs affiliation to British Cycling and is open to all club members.

MTB ride leaders will be happy to offer general advice on off-road riding and will politely point out any deviations from these guidelines to the rider(s) concerned. If they believe that a rider's conduct is putting others at risk then WBCC provide ride leaders with the authority to exclude the offender from the ride and can subsequently report the circumstances to the club committee who may wish to take further action.

No tuition will be given on WBCC MTB rides. Riders may seek advice from more experienced riders, however any advice given is of a personal opinion only and nobody is qualified to provide professional tuition on a MTB ride. Discussions may arise on how best to navigate a particular hazard but it is not possible to predict or access the capabilities of a rider during these type of rides.

Anyone wishing to advance their skills through professional tuition route should seek the services of a registered competent person or training centre for Mountain Biking. These are normally available at most trail centres where there is also adequate insurance coverage for these activities.