

Risk Disclosure & Safety Requirements

1. Purpose

Mountain biking carries inherent and unavoidable risk. This document ensures riders and caregivers understand those risks, meet minimum ability, fitness, and equipment standards, and acknowledge their responsibilities before registering for any DirtCraft programme.

2. Inherent Risks of Mountain Biking

Mountain biking occurs in dynamic, unpredictable environments. Serious harm may result from:

- **Falls, collisions, loss of control** — jumps, drops, uneven surfaces, loose soil, roots, rocks, obstacles.
- **High-speed riding** — increased impact risk.
- **Environmental hazards** — weather changes, visibility, heat/cold stress, dehydration, wildlife, natural terrain.
- **Equipment failure** — brakes, tyres, suspension, drivetrain, or protective gear malfunction.
- **Group riding dynamics** — congestion, differing skill levels, unpredictable movements.
- **Fatigue or medical events** — reduced reaction time, asthma, cardiac issues, or other conditions.
- **Transport & trail access** — shuttles, carparks, public trail networks.

These risks cannot be eliminated — only managed. Participation requires acceptance of this reality.

3. Safety Requirements

A. Minimum Ability

Riders must be able to:

- Confidently ride **Grade 3 trails or higher**.
- Control speed, brake effectively, and corner safely.
- Ride in a group and follow coach instructions.
- Demonstrate safe judgement and consistent commitment to learning.

Programmes involving jumps, drops, or technical features may require additional assessment.

B. Fitness & Medical

Riders must:

- Have baseline cardiovascular fitness suitable for continuous riding.
- Be free from injuries or conditions that limit safe participation.
- Carry required medication (e.g., inhalers, EpiPens).
- Disclose relevant medical conditions to coaches.
- Sustain moderate–high physical effort for the duration of the session.
- Medical clearance is recommended if unsure.

C. Pre-Activity Training

Before joining any programme, riders must:

- Understand MTB safety fundamentals.
- Know how to operate their bike (gears, brakes, dropper post).
- Demonstrate trail etiquette and group awareness.
- Complete any required briefing or skills check.

D. Equipment Standards

All riders must arrive with:

- A safe, well-maintained mountain bike suitable for the programme.
- A certified, undamaged helmet.
- Gloves, closed shoes, appropriate riding clothing.
- Water, nutrition, and weather-appropriate gear.
- *Recommended:* knee pads, elbow pads, eye protection.

Coaches may refuse participation if equipment is unsafe.

6. Risk Acknowledgement (Required Before Booking)

By booking any DirtCraft programme, riders and caregivers acknowledge that:

- Mountain biking has prevalent and unavoidable risk.
- Injuries may occur despite coaching, supervision, and safety measures.
- Riders participate voluntarily and accept responsibility for their decisions.
- Coaches may modify or restrict participation for safety reasons.

7. Emergency & Incident Response

DirtCraft coaches are trained in:

- First aid and injury assessment.
 - Emergency communication and evacuation procedures.
 - Contacting caregivers or emergency services when required.
- Riders must follow all instructions during emergency situations.

7. Booking Confirmation

Booking any DirtCraft programme confirms that:

- You have read and understood this Risk Disclosure & Safety Requirements page.
- You meet all ability, fitness, medical, and equipment standards.
- You accept the risks associated with mountain biking.
- You agree to follow coach instructions at all times.