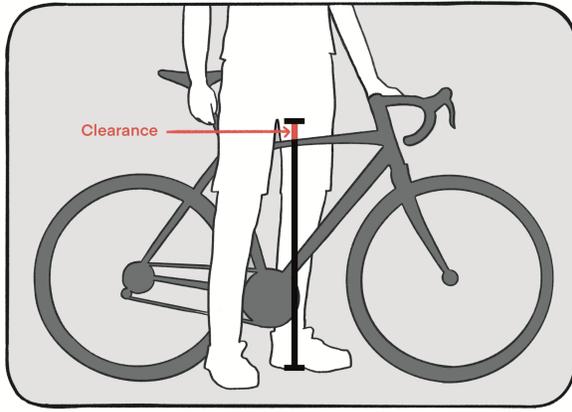


A FAMILY GUIDE TO Keeping Kids Safe While Mountain Biking



CHOOSE A KID'S BIKE THAT FITS NOW (not one to grow into).

When standing over the bike, there should be 2 to 4 inches of clearance from the top tube. When seated on the bike, the knee should be slightly bent when the pedal is in the bottom position.

WEAR A HELMET.

You only get one brain! Every family member should wear a helmet (parents are the best role models). A helmet only works if it fits correctly. The front edge should sit level with one inch or less above the eyebrows.

Tighten the chin straps to allow no more than one finger width between the chin and strap and

no more than one inch of helmet movement. Helmets are only designed to absorb a single impact and should be replaced after an accident.

Proper Fit:



Poor Fit:



DRESS TO PROTECT.

Always wear closed-toed shoes, gloves, and eye protection. Elbow and knee pads can add protection in case of falls. Long sleeves and sunscreen will keep your skin safe from the sun.

STAY HYDRATED AND FUELED.

Always bring a water bottle or hydration pack. Depending on the length of your ride, you may also need snacks. Check the forecast and avoid riding in excessive heat.

BIKE CHECK.

Before every ride, run through the list:

- Do you have enough air pressure in your tires?
- Are your brakes working properly?
- Are your handlebars, wheels, pedals, or seat loose?
- Are your gears shifting correctly?

AVOID GETTING LOST.

Make sure you have a map, are familiar with the area, and are not riding alone. Be sure to bring along a charged phone in case of emergencies.

RIDE WITHIN YOUR SKILL LEVEL.

Choose trails that are appropriate for your ability. If you encounter a technical section you're unsure about, it's okay to get off and walk it. Consider a local mountain bike clinic to improve your riding skills.

PRACTICE SAFE TRAIL ETIQUETTE.

Riders always pull over for (or yield to) hikers and horses. Riders going downhill yield to riders going uphill.



HAPPY RIDING!