

Ride Briefing - Cross Country

Before you start:

- All riders are advised to read the MTBA Rules & Liability release and have either a current MTBA licence (to be sighted) or purchase an MTBA day rider licence at sign on (\$5)
- Day rider license only for Public Liability insurance purposes, if you have an accident / injury that requires medical care and /or ambulance this is at the riders own cost
- The Ride Register is to be completed including an emergency contact name & ph.number at sign on. You need to sign out at the end of the ride too.
- If riders turn around please let the "Sweep" (last designated rider) know you are not continuing – ride back with a buddy if possible.

Preparation and what to take:

- Bike must be in a serviced, off-road worthy condition with working brakes, gears and tyres in good condition
- Take min. 2L of water and energy bar - 3L during summer months
- Take spare tube, patches, pump, tyre levers and have the ability to repair and change tube on the track
- Protective clothing: - Australian standards approved cycling helmet and closed in shoes (mandatory), protective eyewear and long sleeve jersey , sunscreen and insect repellent (recommended)
- Each rider to carry two crepe bandages - 50 mm wide – used in case of snake bite – please update your first aid to know how to use them. Space blanket recommended.

Track notes:

- There may be unknown obstacles, washouts, rocks and ruts on the track – take care at all times and ride with caution – the tracks change from ride to ride
- On rainforest rides there are wait-whiles that hang into the middle and sides of the track and are difficult to see – they can pull you off your bike and deliver a nasty laceration with embedded thorns. Give any overhanging vines (they are very thin looking) a wide berth and warn others if you see one.
- On bush tracks watch for chonky apples – thorny little creatures too.
- Know your own fitness level and ability – ride within your limitations.
- Signage is placed at the beginning of most rides (where applicable) warning motorists and walkers that there are cyclists ahead
- Road rules apply and be acutely aware of other road users including motorcyclists and walkers.
- There will be regular re-groupings along the way.
- If you think that you are lost stay calm and remain where you are
- Always ride with a buddy

Awareness of the environment:

- Take out what you take in – no wrappers, tubes etc to be left on the trail
- There are snakes on local tracks – stay out of their way. Please do not approach or feed any animals or reptiles. Leave them alone and they should leave you alone.
- There are no toilets on these tracks - if you are caught out, you need to bury waste at least 15cm deep and 100m away from watercourses. Take all sanitary items out with you as they do not decompose.
- Do not drink untreated water from streams (see above – not everyone does the right thing!)

SITE SPECIFIC BRIEFS:

ROSS DAM

- Please ensure your bikes are free of mud, grasses and dirt BEFORE entering the Lake Ross Storage area to prevent cross contamination by bringing in weed seeds and other soil borne organisms into the catchment.
- There are set entry and exit times for vehicles and we need to stick to them (that way the gate does not get left unlocked) to prevent unauthorised access
- If it is necessary to go over the dam wall all vehicles and bikes must give way to pedestrians on the ramp and dam wall. Slow to a walking pace please.
- Lock all gates behind you and do not give anyone access that is not associated with the club no matter what they say. If people are supposed to have access, they will have their own key.
- The road to the quarry is a shared road; you may meet other traffic in either direction so riding on that track should be undertaken with additional caution.
- No vehicles are to be parked on the grassed areas of the quarry or around the building. All vehicles to be parked on the gravelled area at northern end of quarry.
- Toilet in the quarry is for everyone's use. The bush is not a toilet!
- Don't drink the water in the taps at the quarry as it is untreated.
- Establish where your mobile phone will get a signal (its patchy in the quarry and behind the hills)
- In an emergency contact 000 and the Ross Dam Ranger on 0409629298.
- Report any safety hazards/anything unusual etc that you may notice to the ride coordinator.
- An additional mobile ph no for emergency contact is 0448750227
- Snakes are common in the area. Spiders are also common, but generally harmless.

TOWN COMMON / PALLARENDA

If we are riding combined cycle / walking paths to get to tracks such as the Town Common, warn walkers of your approach, in particular when coming from behind, but be aware that they may be deaf or have earphones in.

Ride past slowly in single file.

Ok, now we're off – go and have a great time challenging yourself, enjoy the scenery, chat to some other like-minded souls and find out more about this diverse little spot called Townsville and Surrounds.