

Club Ride Briefing - Downhill

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 is 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;
- If you are riding alone, let somebody know where you are and what time you will be there;
- Complete the ride register before the club ride including details of your emergency contact person; and
- Up to date CPR and first aid are a good idea.

Preparation and what to take:

- Bike must be in a serviced, off-road worthy condition with working brakes, gears and tyres in good condition;
- Check your bike regularly as frames do fatigue over time, becoming dangerous;
- Take min. 2L of water - 3L during summer months;
- Take appropriate tools and parts for mechanical break downs; and
- Protective clothing - ensure you have an appropriate full-face helmet in good condition. A previously crashed helmet can have 'hidden' faults and maybe unsafe to reuse. Closed in shoes, gloves, goggles, neck brace and body armor (knee, shin, elbow and a spine plate) are highly recommended as crashes are a high probability on a downhill track

Mt. Stuart Downhill Track notes:

- Downhill tracks at Mt. Stuart are rated Black Diamond to Double Black Diamond (IMBA Rating) and range from very difficult to extremely difficult to ride. They include difficult obstacles (large jumps/drops, rock gardens), steep descents, off-camber sections, large berms and a variety of surfaces on which grip will vary;
- A 'track walk' is recommended before riding and take it easy and cautiously ride down until you learn the track and obstacles;
- Hard sections or 'The A line' will also incorporate a much easier 'B line'. Take note where the easier line is and only attempt the harder A line when your skills develop;
- There may be unknown obstacles, washouts, rocks and ruts on the track – take care at all times and ride with caution as tracks change from ride to ride;
- If you happen to crash and are capable of doing so, make sure you didn't move a foreign object onto the track. If you did, remove item from the track as to avoid impeding another rider;

Mt. Stuart Downhill Track notes (continued):

- If you are able to move off the track, do so as quickly as possible so as not to impede other riders as there are many high speed 'blind' areas on a downhill track;
- If you are unable to move, listen for other riders (you will hear them) and make as much noise as possible to allow them to stop in time;
- If you need a break from riding, refrain from stopping on the track as you may cause a crash;
- Road rules apply and be acutely aware of other road users including motorcyclists and walkers; and
- Always ride with a buddy.

Awareness of the environment:

- Take out what you take in – no wrappers, tubes etc. to be left on or near the tracks;
- 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; and
- Do not drink untreated water from streams (see above – not everyone does the right thing).

Emergency Contacts:

- In case of Emergency notify the ride coordinator who will **phone '000'**;
- Afterwards, ride coordinator to notify Rockwheelers Club president:
president@rockwheelers.com.au
- Rockwheelers Club representative will notify:
Townsville City Council Parks & Services (Phone 07 4727 8330); and
MTBA Executive Officer eo@mtba.asn.au

Ok, jump aboard the shuttle to the top and let's go for a ride.