



Tui Ridge Park

ROTORUA NEW ZEALAND

Mountain biking

What is Mountain biking?

Mountain biking is fast becoming one of the countries favourite pastimes. These bikes are specially designed for cross-country riding over dirt and gravel tracks of varying degrees of difficulty.

Tui Ridge has 12 bikes of different sizes for people 10 years of age and up with 3 trails of varying lengths and skill ranges.

It's all yours

In order to keep your costs down we are happy for you to look after your selves. Our qualified instructors will give your group leaders a thorough briefing on mountain biking from introduction to the bikes and gear and training of its use to finally "getting out there". Each instructor has been fully trained and is totally competent in every aspect of all the activities and procedures. Please bear in mind that mountain biking can be dangerous and adult supervision of children is compulsory. For an additional cost Tui Ridge can provide an instructor for this activity.

What do I have to wear?

We advise sturdy covered shoes, relatively comfortable fitting practical clothes and shorts. Loose sandals and trousers with low crutches aren't recommended. It can get cold at the park so a warm jacket or raincoat is recommended.

Food and Water

You start your ride at our main complex and we recommend you fill your water bottles before you leave. Tui Ridge can provide meals by request but must be booked prior to arrival.

Who can use them?

Any member of the public can hire our mountain bikes on any day of the week except Saturdays and subject to booking availability. Prices will vary depending on group numbers and time required. You can bring your own bikes onsite and ride our trails free of charge however they must meet our safety standards. Helmets must be worn at all times.

Contact details

You can contact us by email at tuiridgepark@extra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



Tui Ridge Park

MOUNTAIN BIKING PROCEDURES

This is an adult supervision activity

DESCRIPTION

Mountain biking involves riding a purpose built bicycle over unpaved terrain. Tui Ridge Park has 4 trails covering different skill levels of mountain biking. Care should be taken for beginners

GROUP RESPONSIBILITIES

Each group must have competent adult supervision
Supervisor must ride with participants
Supervisor must ensure helmets are worn at all times
Before riding supervisor must check all riders are familiar with the bikes
Bikes must only be ridden on designated bike trails
Supervisor is responsible for bikes to be returned clean
Any damage to bikes must be reported to Tui Ridge Park staff immediately
Tui Ridge Park accepts no responsibility for bikes brought on site
Supervisor should make themselves familiar with bike trail prior to taking group out
Group must ride together
Shoes must be worn while riding (no sandals)
Bikes must not be jumped
Supervisor must make participants aware of the guidelines listed above

TUI RIDGE PARK RESPONSIBILITIES

Tui Ridge Park will maintain bikes on a regular basis
Bikes will be checked prior to riding
Tui Ridge Park will point out trails
Tui Ridge Park maintains the right to withdraw the bikes from use if they feel the leaders are acting in an irresponsible manner
Tui Ridge Park will provide helmets for all riders of Tui Ridge Park bikes
Tui Ridge Park will maintain all trails and keep them clearly marked

IMPORTANT

Groups hiring Tui Ridge Park mountain bikes will be charged for any damage caused by careless handling or miss use. Normal wear and tear replacements will be covered by Tui Ridge Park.

DISCLAIMER

I, the under signed have read and understand the procedures for the hire and use of Tui Ridge Parks Mountain bikes and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____(Group leader) Date: ___/___/___

Group name:_____

Safety Action Plan

Mountain Biking

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Concussion, broken bones Sprained ankles, knees.	Falling off bike Hitting tree or other obstacles	Clear instructions on riding skills	Tui Ridge Staff	Prior to riding
	Bikes poorly maintained/equipment failure	Regular maintenance	Tui Ridge Staff	Prior to ride Between rides Monthly maintenance schedule
	Trails and hazards not clearly defined	Trails maintained regularly Clear signage	Tui Ridge Staff	Trails checked monthly
	Helmets not fitted correctly	Clear instructions given to riders on correct helmet fitting	Tui Ridge Staff	Prior to riding
	Slippery tracks	Monitor weather and advise groups accordingly to take care on trails. Shut down ride if needed.	Tui Ridge Staff	Prior to riding
Hypothermia/Hypothermia/dehydration	Weather conditions	Monitor weather and advise group of safety precautions, i.e. wear rain gear to keep warm, drink water to keep hydrated	Tui Ridge Staff and group leader	Prior to riding and during ride
Riders get lost	Get left behind or get too far ahead of group	Keep group together at all times	Group leaders	During ride

Safety Action Plan

Emergency Action Plan

- Stop the ride
- Assess the patient administer first aid if injury is not serious
- If serious injury contact Ambulance service via Tui Ridge office on 2 way radio
- Do not move patient
- Stay with injured party until help arrives
- Continue activity if appropriate after patient is treated
- Complete incident form at end of ride

Instructor requirements

- Group leadership skills
- Mountain bike skills

Pre activity check list

- Check all bikes are operating properly, i.e. brakes and gears are working
- Check helmets are in good condition
- Assist group in the fitting of bike and helmets
- Give riding skills instruction to group

Additional requirements/Qualifications:

TRP Staff should have the following NZQA unit standards

- 20137
- 20138
- 20817