



Mountain Bike Skills Course - Rules for Use

- Wear appropriate clothing and safety gear for the trails you are riding. This must include an appropriate helmet and gloves.
- Only use an appropriate off road mountain bike, in good working order, which is the correct size for you.
- Control your speed and ride within your capabilities.
- Users aged 12 or under must be accompanied by a responsible adult, with a maximum of 4 children per accompanying adult.
- Always give way to formal groups on coaching sessions and riders travelling in the preferred direction of travel. The preferred direction of travel is indicated by the red and black arrows.
- Keep to the established trails – do not cut corners, create new trails or alter trails or features in any way.
- Users must report damage to the trail and features to staff at TNOC.
- TNOC staff reserve the right to refuse entry and/or to ask users to leave the Skills Course at any time.

