

# BIKE PARKS

For the most current information view the following link:

<https://skisafety.ca/bike-parks/>





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Always wear a helmet, ride within your ability, never ride alone and stay on designated trails.

Falls are inevitable when learning a new sport. Having the right equipment and protecting yourself from abrasions is key to enjoying your day in the bike park.

Most ski areas with bike parks will have a rental centre to set you up with all the important gear.

Here are some things to consider when preparing to hit the bike park.

 <h2>HELMETS</h2> <p>Helmets are required for all riders.</p> <p>Full-face helmets are recommended in bike parks.</p>	 <h2>PROTECTION</h2> <ul style="list-style-type: none"><li>• Full finger gloves</li><li>• Knee &amp; Elbow pads</li><li>• Long sleeve shirt</li><li>• Goggles or sunglasses</li><li>• Sturdy soled closed-toe shoes</li><li>• Body armour &amp; neck braces (optional)</li></ul>
 <h2>BIKE</h2> <p>Mountain bikes must be in good working order.</p> <p>Full-suspension mountain bike with hydraulic disc brakes are recommended.</p> <p>Check with your ski area on bike sizes - some bikes may be too small or too big to fit in the carriers.</p>	 <h2>REPAIRS</h2> <p>Always carry the gear required for minor repairs to your bike, and/or replace a flat tire.</p>

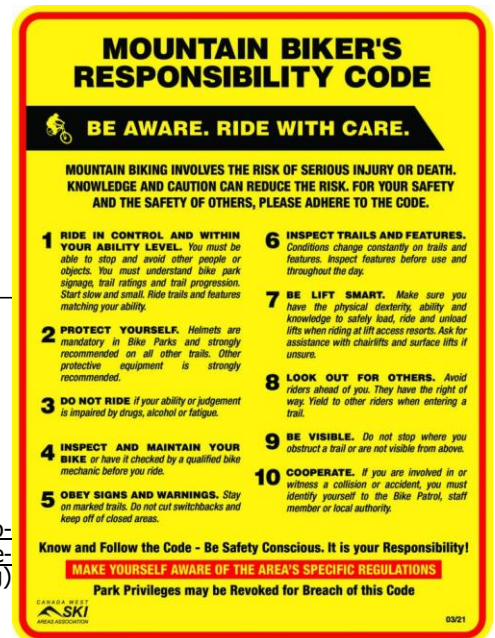
Important! Wearing protective gear does NOT make you invincible. Always ride within your ability.

# MOUNTAIN BIKER'S RESPONSIBILITY CODE

The Mountain Biker's Responsibility Codes provides the basic rules of conduct and must be followed by all using the Bike Park.

Learn More about the [Responsibility Codes \(https://skisafety.ca/alpine-responsibility-code/\)](https://skisafety.ca/alpine-responsibility-code/).

(<https://skisafety.ca/wp-content/uploads/2021/05/2021Y-Mtn-Bike-Resp-Code-15x20in-scaled.jpg>)



## SLOW DOWN BEFORE YOU SPEED UP

Crashes can happen on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold. Jumping skills are required for Freeride trails.

### RIDE SMART

**SLOW DOWN BEFORE YOU SPEED UP.** Crashes can happen on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold. Jumping skills are required for free-ride trails.

#### PRE-RIDE

Warm up the brain and body by inspecting the trail at low speed. Take the time to check your equipment.

#### RE-RIDE

Lap the trail a few times and get to know the flow of the feature.

#### FREE-RIDE

Start small and work your way up to faster speeds and larger features.

### TRAILS CHANGE DAILY

## TRAIL DIFFICULTY & TYPES

Bike Parks contain colour trail designations, just like ski runs. However, Bike Parks also have two classifications of trail systems: Technical & Freeride.

Learn more about trail difficulty & types in the [Signage](#) section of this website

*Note, signage may vary at different Bike Parks. Be aware of your local areas' signage.*

## MOUNTAIN BIKE CHECKLIST

Mountain Bike trails are rough and demanding on both the bike and body. Before riding always inspect your equipment or have it checked by a qualified bike mechanic.

1. Ensure your helmet is in good shape and properly adjusted.
2. Inspect bike frame, fork and other components for cracked, damaged or dented areas.
3. Check that your brake pads are in good condition and are not worn.
4. Front and rear axles (skewers) should be tight.
5. Headset and stem must be secure with no looseness or play.
6. Check that your tires are in good condition, with no tears or cuts in the sidewall.
7. Handle bar and handle grips must be tight and unable to spin.
8. Seat and seat post must be fastened securely.



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Check your front brake and back break separately before heading out. Double check which lever controls the front brake and which lever controls the back brake and that you are familiar with the operation of the bike you are riding.

## PROPER SAFETY GEAR FOR MOUNTAIN BIKING

