

PARTICIPATION STATEMENT 2010 CHAIRLIFT UPLIFT FOR MOUNTAIN BIKES

NOTES

1. Minimum age for riding the Glencoe Downhill Track is 12 years
2. Participation Statement must be completed & signed every time a rider buys bike uplift ticket

Name	Age
Address Street Town/city	Postcode
Email Please complete if you wish to receive information and future offers	

- I have ridden similar steep, technical single-track before Yes No
- I have read and understand the Code of Practice Yes
- I am not aware of any medical condition which would preclude me riding the tracks Yes

I understand that

- Mountain biking is a dangerous activity and I am prepared to ride at my own risk Yes
- I must wear an appropriate helmet correctly fitted, full face helmets & armour advised Yes
- My bike is suitable for the track(s), disc brakes and suspension advised Yes
- I must proceed from the top station to the track starts with respect for all visitors Yes
- I must remain on the track, without cutting corners Yes
- I must be aware of vehicles, walkers, workers & slower cyclists, as tracks cross other roads & paths Yes
- I must ride with care when passing other people on the track Yes
- I must obey all signs and instructions from staff Yes

Declaration

Signature _____ Date _____
 Must be signed by a parent or guardian of persons aged 15 and under

Emergency Contact

Name _____ Telephone number _____

