



Rules and Conditions of Membership

- Helmets are mandatory. Helmets **must** be worn on all rides, and **must** be fitted and adjusted correctly. BucksMTB holds the right to refuse attendance of riders whom do not have a helmet.
- To follow the guidelines laid down in the Club Constitution
- CTC Rules of conduct apply
- Bikes must be suitable for the ride and properly maintained. This is the responsibility of the rider/owner of the bike.
- Riders are requested not to join rides that are beyond their level of ability and endurance.
- Members are responsible for their own personal safety whilst on Club rides (Group Rides, Club Rides, Club Trips, Led Rides other Club Events)
- The Club or its staff or officers cannot be held responsible for personal injury, loss or damage to the property of any member.
- Members have a duty of care to others and property.
- The Club reserves the right to withdraw membership of any member who behaves in a manner that may bring the Club or the sport into disrepute.
- Mountain biking is a potentially hazardous and strenuous sport. You are a member of *BucksMTB* because you are an enthusiast but do not ride beyond your level of ability and endurance.
- Come equipped to all rides with suitable clothing, spares, refreshment and, if possible, a mobile phone. Also bring an emergency telephone contact list and some money for emergencies.
- All members are encouraged to have an "I.C.E" telephone number programmed into their mobile phones. (ICE = "In Case of Emergency")
- The CTC rules require us to have a list of 'Leaders' and this is kept by the Club Executive Committee. Every official Club ride should have a leader. If there is no leader on any part of the ride it is then deemed to be an unofficial ride.
- A toolkit/spares should always be carried and include, as a bare minimum: inner tube(s) and puncture repair kit, tyre levers and a pump. We highly recommend also carrying brake pads, allen keys and spanners or multi-tool, a gear cable (inner), chain link extractor, a few spare joining links to suit your chain (or a chain quick line) and a few cable ties. In the darker months you should also carry 'get-home' lights – front and rear.
- Declare any medical conditions or medication that you are taking to the Club and make sure you always carry medication if required (e.g. inhalers).
- It is each member's responsibility to carry any medication needed for any condition (diabetes, asthma etc.) and you should inform fellow riders of special assistance that may be required.
- There is no minimum age for an individual member. Senior and Junior membership categories exist. Junior members under 18 years should be supervised on Club rides by a parent or recognised guardian unless a parental/guardian disclaimer is signed and also that BucksMTB leaders are present (that are CRB checked and qualified leaders) and that the BucksMTB Constitution, BucksMTB Club Rules, BucksMTB Child Protection Policy, BucksMTB Code of Conduct for working with Minors and BucksMTB Ride Risk Assessments are adhered to.
- Club members must not promote themselves as an employee, staff member, volunteer or club website race team member without seeking approval and written permission from the Club Chairman.
- BucksMTB holds the right to amend these rules and conditions of membership as and when required.