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## THE LEAVE NO TRACE SEVEN PRINCIPLES

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

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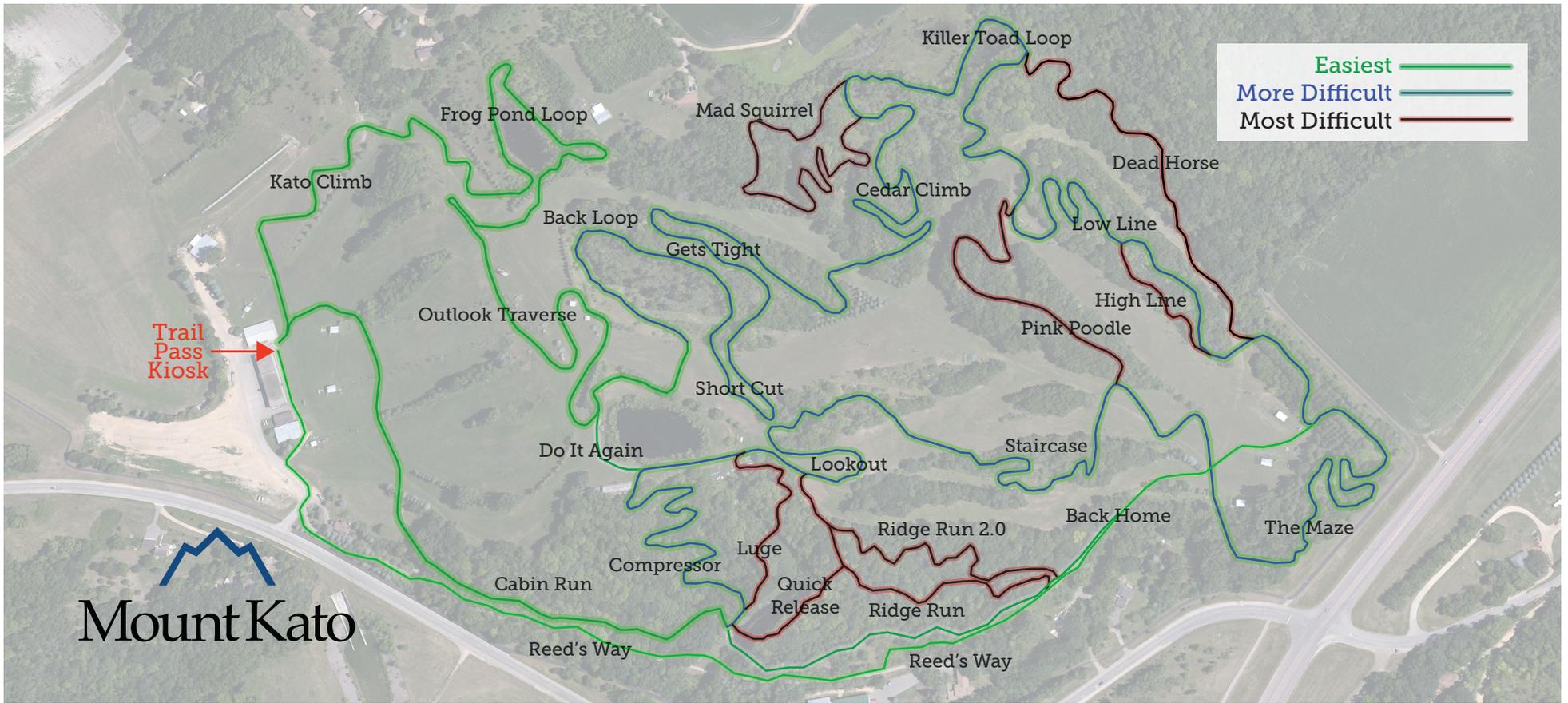


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# MOUNTAIN BIKE PARK





## MOUNT KATO BICYCLING CODE OF CONDUCT

Mountain biking involves the risk of serious injury or crash. Your knowledge, decisions and actions contribute to your safety and that of others.

### ALWAYS:

#### 1. STAY IN CONTROL.

You are responsible for avoiding objects and people.

#### 2. KNOW YOUR LIMITS.

Ride within your ability. Start small and work your way up.

#### 3. PROTECT YOURSELF.

Use an appropriate bike, helmet and protective equipment.

#### 4. INSPECT AND MAINTAIN YOUR EQUIPMENT.

Know your components and their operation prior to riding.

#### 5. BE LIFT SMART.

Know how to load, ride and unload safely. Ask if you need help.

#### 6. INSPECT THE TRAILS AND FEATURES.

Conditions change constantly; plan and adjust your riding accordingly.

#### 7. OBEY SIGNS AND WARNINGS.

Stay on marked trails only. Keep off closed trails and features. Ride in the direction indicated.

#### 8. BE VISIBLE.

Do not stop where you obstruct a trail, feature, landing or are not visible.

#### 9. LOOK OUT FOR OTHERS.

Look both ways and yield when entering or crossing a road or trail. When overtaking, use caution and yield to those ahead.

#### 10. COOPERATE.

If involved in or witness to an incident, identify yourself to staff.

Know and Follow the Code. It is Your Responsibility.

Helmets are required on trails at all times. Stay on marked trails or you will lose your pass!



MAMB Trail Support