



**Rivenrock MTB Park
Mt. Holdsworth Road
RD 1
Carterton.
0274 419 031**

Rivenrock MTB Health and Safety Rules

Emergency contact phone number: 0274 419 031

Please ensure that you have read and understand your obligations under the Rivenrock MTB Park Rules as detailed below.

Any questions, please contact Daryl 0274 419 031

Health and Safety Guidelines

For health and safety reasons all patrons of Rivenrock MTB must sign in and out of the park. (Visitors book available at the ticket office).

Incident/accident reporting

For Rivenrock MTB Park to improve, we ask that all incidents, accidents and near misses are reported through the feedback sheet so that we can identify improvements needed as required. Feedback sheets are available at the ticket office.

Content:

1. Specific advice regarding mountain biking at the Rivenrock MTB Park
2. General health and safety advice from the International Mountain Bicycling Association and from Mountain Bike New Zealand.
3. Shuttles
4. Disclaimer

1. Mountain Biking at Rivenrock

The Rivenrock MTB Park is a working operation and riders must obey signage. Do not ride in areas that are currently being developed. Beware shuttles and associated traffic and ride to the conditions. During wet weather tracks are significantly more difficult than in dry weather. Many parts of the trails do not have cell phone coverage. Please refer to track map for cell phone coverage areas. We strongly advise riding with a partner or at the very least telling someone where you are riding and when you expect to return.

If you do get into difficulty and need emergency assistance you should attempt to raise the attention of fellow riders and get a message back to the site office. We need a description of track name and the approximate distance from the start to your position.

In case of fire and emergency and Fire Brigade/Ambulance access is required, entry is via Mt. Holdsworth Road and Norfolk Road,

Please look at the track map provided for evacuation points.

Follow these steps to stay safe on the trails and on the right side of the danger line.

What to bring: Gear Up and Use Appropriate Equipment for the Terrain.

The following gear is recommended when visiting the park.

- Knee pads
- Gloves
- Certified helmet, this can be an open face or full face helmet.
- A well serviced and safe bike that is suitable for serious off road use
- Solid riding shoes, no jandals / flip-flops or open top footwear.
- Plan for the unexpected- a change in the weather an accident or getting lost / late.
- Always be prepared - food, water and tools, first aid and warm clothes are recommended.
- There are three beehive sites in the park (refer to map). Take appropriate precautions, keep your distance from beehives. First aid gear for bee stings is recommended.

Please note: We reserve the right to deny access to the park if we see any gear to be unfit for use in Rivenrock MTB Park.

Know the Trail.

Never push the limits on a trail you are not familiar with. You need to get to know new trails at slower speeds.

Slow Down for Blind Corners and stop and look.

Stop and look at sections of the trail that look like they may pose a challenge before you ride them. You never know what or who is around a corner.

Never Ride Beyond Your Abilities.

Keep your speed at a level that will allow you to adjust to any unforeseen obstacles or changes in trail conditions. Walk your bike through sections of the trail you don't feel confident enough to ride.

Plan on the Crash, Start small go big

Work your way up to obstacles and stunts. Find ways to practice moves in less difficult and dangerous situations or at lower speeds before committing yourself to something more dangerous.

Respect Others

Use a bell or greeting when approaching others, be in control so you can safely avoid others and keep yourself intact. Do not ride in large groups, 6-8 riders or less is recommended and keep to single file.

Weather Conditions

Should adverse weather conditions develop during your visit we recommend that you descend to the ticket office and sign out. High winds are a risk to riders in Mountain bike parks and Rivenrock MTB is accessed via a river ford and so heavy rain may close the exit. Mountain biking can be a dangerous activity. Falls and crashes are common and injuries are to be expected. Rivenrock MTB Park trails are graded to suit riding ability. Please ensure you are aware of the grading and ride within your limits.

Track Signage

Signs are provided at the start of each trail identifying the level of difficulty.

Rivenrock MTB grading: Colour coded tracks.

White: Vehicle uplift track

Green Circle	(Grade 1):	Beginner
Blue Square	(Grade 2):	Experienced
Red Triangle	(Grade 3):	Advanced
Black Diamond	(Grade 4):	Expert

Comparable International MTB grades:

GRADE 1 (Green): Easiest; fairly flat, wide, smooth track or gravel road

GRADE 2 (Blue): Easy; mostly gentle slopes with some features on smooth track with easily avoidable obstacles such as rocks and potholes.

GRADE 3 (Red): Intermediate; steep slopes and / or avoidable obstacles possibly on narrow track and/or with poor traction. There may be exposure at the outside edge of the track.

GRADE 4 (Black): Advanced; a mixture of narrow track, poor traction and obstacles that are difficult to avoid or jump over. Generally exposed at the track's outside edge.

General Rules:

Do not startle farm animals: Rivenrock is a beef farm and holds 200 plus cattle at various ages. All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animal's room and time to adjust to you and the surroundings. Running cattle and disturbing wildlife is a serious offence.

Leave gates as you find them, or as marked or sign posted.

All trails, equipment and vegetation are not to be interfered with.

Please remove all rubbish. (Rubbish is dangerous to stock)

Due to risk of fires to Forestry, smoking is prohibited on all trails and the Rivenrock property.

Fires are prohibited on Rivenrock MTB Park and farm.

Dogs are prohibited on Rivenrock MTB Park and farm.

Swimming in rivers is prohibited on Rivenrock MTB Park and Farm.

2. General health and safety advice from the International Mountain Bicycling Association and from Mountain Bike New Zealand

The following is the official list of mountain biking rules of the trail from the International Mountain Bicycling Association and Mountain Bike New Zealand. These mountain bike rules are designed to minimize our impact on our environment as well as promote friendly relationships between all trail users by creating a safe environment for us all.

i. Ride On Open Trails Only.

Respect trails and trail closures - ask if uncertain; avoid trespassing on private land; obtain permits or other authorization as may be required. The way you ride will influence trail management decisions and policies.

ii. Leave No Trace.

Practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options.

iii. Control Your Bicycle.

Obey all bicycle speed regulations and recommendations.

iv. Yield to Others.

Riders travelling downhill should yield to those headed uphill. Yielding means slow down, communicate and be prepared to stop if necessary to allow safe passing.

v. Never Scare Animals.

Running cattle and disturbing wildlife is a serious offence.

vi. Plan Ahead.

Know your equipment, your ability and the area in which you are riding - prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

3. Shuttles

Shuttles run to the Drop Off point marked on the site map.

Securing of bikes on the shuttle trailer is the responsibility of the bike owner.

The maximum speed for shuttles is 20km/hr.

Shuttle passengers must remain inside the vehicle at all times during transit.

Disembarking is at Drop Off point only.

Shuttles have right of way on the main uphill track W1.

Shuttles are equipped with a first aid kits including epipens, fire extinguisher and Radio Transmitter (RT) unit.