

Mountain Biking

[Mountain Biking](#) like all recreation activities is hazardous. You will be traveling outdoors, where you will be subject to numerous risks-environmental and other risks.

- Environmental Risks include: rapidly moving, deep or cold water, flash floods, mud slides, insects, predators, snakes and other animals; falling or rolling rock, lightning, high winds, hail, avalanches, and unpredictable forces of nature including weather that may change to extreme conditions without notice. Additional risks include allergic reactions, psychological distress, hypothermia, hyperthermia, sunburn, heatstroke, dehydration, and other mild or serious conditions. Exposure to the natural elements can be uncomfortable or harmful.
- You will be traveling by foot with weight on your back. Travel may be rugged, unpredictable and travel may include: boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, rock fall, tree wells, fallen trees and tree stumps, cliffs, cornices and slippery rocks. Risks include collisions/falling, drowning, getting lost, acute mountain sickness, high altitude sickness and others associated with such travel.
- This [mountain biking trip](#) requires physical exertion as well as emotional and mental stability. You will be primarily responsible for your own rescues. Rescues may not be available or may take considerable time to evacuate due to the inherent nature of the activity. You may become lost or separated from others in the group: communication may be difficult.
- Horseplay, carelessness, poor technique, poor conditioning and violating the rules are all risks associated with this [mountain biking trip](#).
- Accidents can occur while traveling to and from the activity site. You will be traveling in 12 to 15 passenger vans.
- Athletic injuries are also a risk associated with [a mountain biking trip](#). Mountain biking accidents may result in scrape, abrasions, sprains, broken bones, torn muscles or ligaments, head, neck or spinal injuries or death.
- Risks also include decision making and conduct, including the risk that a course leader, co-leader or other participant may misjudge someone's capabilities or misjudge weather, terrain, water level, or route location etc.
- There are many risks to be experienced on a [mountain biking trip](#). Equipment may fail, malfunction or be defective causing loss of property or injury. Anytime you are riding a bike along road or in a road, you are subject to the laws of the state in which you are riding. In addition, automobiles are always a serious risk to bicyclists. Always ride defensively and be aware of all traffic and other bikers on the road, path or near where you are riding.
- Riding a mountain bike requires physical exertion and effort. You might ride over rocks, stumps or other debris while riding along trails, sidewalks, walkways or even roads. Accidents can occur getting on or off your bike. You might injure yourself falling against some object in or around your bike. As a mountain biker, you will be totally responsible for your own movement and safety while riding. Accidents can occur during off-road travel. Trails are often steep, rocky, and slippery.

NOTE: This list is not an exclusive or exhaustive list of all possible injuries, trauma or accidents that may occur while [mountain biking](#). The undersigned hereby acknowledges and agrees that there are inherent risks associated with this Activity that cannot be eliminated regardless of the care taken to avoid injury or loss.