

# Follow the Forest Cycle Code

## 1. Don't rely on others

- » Can you get home safely?
- » Carry the right equipment and know how to use it.



## 2. For your own safety

- » Always wear the right safety clothing; at least a cycle helmet and gloves.
- » Cycle within your abilities.
- » Only tackle jumps and other challenges if you are sure you can do them. Have a look first!
- » Train properly, especially for difficult and technical routes.



## 3. On and off road

- » Expect the unexpected. watch out for other visitors.
- » For your own and others' safety always follow warning signs and any advice you are given.
- » If a vehicle is loading timber, stop and wait for the driver to let you pass safely.



## 4. Cycle carefully and come back soon!