

# Safety, it's part of our NATURE

Mountain biking involves a certain amount of risk. In the great outdoors, preparation and prevention are the key to a safe and enjoyable experience. Put all the chances on your side; make safety your priority.



## BEFORE YOU GO

- ✓ Mountain biking requires some notions and skills. Before your first ride, it is advisable to take a training course or invite an experienced rider to accompany you.
- ✓ Plan your excursion with the park's official map or [Vélo Québec's trail directory](#).
- ✓ Choose an itinerary that suits your abilities and those of your fellow riders.
- ✓ Check the weather and trail conditions. Adjust your objectives accordingly.
- ✓ Dress appropriately for the season.
- ✓ Bring along the essentials: a means of communication, water and food, a trail map, a first aid kit, bike tools, and contingency supplies.
- ✓ Make sure your bike is in good condition. If in doubt, have it checked by a professional.
- ✓ Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify emergency services should you go missing.
- ✓ Make sure you know the rules and regulations, and hours of operation. Get a pass at the park entrance or online.

## WHEN OUT ON THE TRAILS

- ✓ Write down the emergency contact number and the procedure to follow when in areas without mobile phone coverage.
- ✓ Always wear an approved helmet designed for cycling.
- ✓ Stay on the trails at all times and obey the signs.
- ✓ At intersections, take the time to check your position and wait for your partners.
- ✓ Control your speed and keep a safe and respectful distance from other riders.
- ✓ Before passing another person, warn them of your presence and give them time to stop in a safe place.
- ✓ Before stopping, make sure no one is following close behind you, and pull over to the side of the trail to keep the path clear.
- ✓ Respect your limits. If a section appears to be too difficult, use the "chicken pass" or walk alongside your bike.
- ✓ Conserve your energy by taking regular breaks. Use this time to eat and drink.
- ✓ Leave early enough to complete your activity before dark or have the necessary equipment to remain safe after sunset.
- ✓ It is wiser not to set out by yourself.

## WHEN YOU RETURN

- ✓ Let your guardian angel know once you are back.
- ✓ Let park staff know of any breakage or potentially dangerous areas observed during your visit.

## RECOMMENDED EQUIPMENT

- Mountain bike (with knobby tires inflated to the recommended pressure and at least a front suspension)
- A properly fitting and certified mountain bike helmet
- Gloves and elbow and knee pads
- Closed shoes with an anti-slip tread
- Clothing suitable for the activity and season
- Waterproof windbreaker
- Fully charged phone and a whistle
- Map of the trails
- A sufficient amount of water and food
- Headlamp and extra batteries
- First aid kit
- Basic toolkit (for chain and flat tires)
- Sunglasses and sunscreen
- Insect repellent
- Lighter
- Hand sanitizer
- Toilet paper
- Garbage bag