



REAL WORLD *Riding*

SAFETY AND ACKNOWLEDGEMENT OF RISK

While every practicable measure will be taken to provide a safe activity and environment, clients must acknowledge that Mountain Biking is an activity with inherent risk of injury.

Real World Riding operates using a threefold dynamic risk assessment structure balancing hazard, risk, and risk/benefit analysis.

Participants will be required to be part of the risk management of their own activity, in that they are participants in a dynamic activity. Individuals within groups will be expected to inform other clients and their guide or coach of any unseen hazards discovered during a ride or session, and to inform their guide or coach if they feel unsure of an obstacle or section of trail before undertaking it.

State of mind and therefore confidence can change considerably within a short space of time, and it is imperative that clients inform their coach or guide of anything which will affect their ability to ride at levels previously seen by the guide or coach.

The guide or coach will assess what they see in terms of performance, and their assessment of the suitability of a section of trail to be ridden will be based on this. Once begun, however, the client is responsible for their own riding - steering and control, and for their reaction to any unforeseen trail obstacles.

Clients will be given advice by their coach or guide but it is their responsibility to follow that guidance.

Real World Riding's ethos is to encourage, inform, and empower riders of all levels, and as such it is inherent in any activity for the guide or coach will provide opportunities for clients to develop their independence. From time to time this will entail clients leading sections of trail. It is important that clients ask questions of their coach or guide if directions for self-led sections are not fully understood.

Finally. Please remember above all of this - the ethos of RWR is to encourage riders to get out and do it for themselves - towards a situation of complete responsibility, so please be ready to start this journey while you are with us, and to develop as a whole rider, and remember the immortal words of Bill Nealy:

“Gravity, it’s not just fun to play with, it’s the law”