

## ISR Mountain Bike Policy

All participants must watch Council approved mountain biking safety videos before coming to camp. Troop leaders will provide a document, to the council, with each participating scout signing his name that he has watched the safety videos.

<https://www.youtube.com/watch?v=hYPxOPsrGMI>

<https://www.youtube.com/watch?v=8rSbrQ5lgwM>

<https://www.mtbtips.com/mtb-skills-videos/mtb-basics/how-to-shift-gears-on-a-mountain-bike/>

Before participating on trails, each participant should ride in the practice area for 15 minutes to become familiar with the bikes. Camp masters or staff will direct the troop to the test area.

Each participant must have a current BSA A,B health form.

An adult leader must accompany each group of bikers.

A cell phone with good reception must also accompany each group of bikers.

A first aid kit (council provided) must accompany all groups of bikers.

Helmets (council provided) must be worn by all bikers while on a bike.

Troops or Crews can rent camp bikes (10-12 bikes) for a day for \$100. Reservations must be made 7 days in advance through the scout office and noted on the camp use form.

Bikes can be ridden on mapped portions of the cedar creek trail and around camp when there are no other conflicting groups in camp. When other groups are present, access is limited to the Mountain bike trails and cedar creek trail portions which will be identified on the map and explained by the camp master or on site staff.

Bikes will be made available from 8:30 in the morning until 30 minutes before sunset.

Participants need to fill out the bike log with bike number and hours ridden at the end of each riding day.

Participants need to clean the bikes before putting them back in the storage facility. Cleaning supplies will be provided by the council.

If a bike is damaged or in need of repair, please tag the bike and put back in the mountain bike shed. Make sure to notify camp personnel of any problems.