

Mt. Abram Bike School

Essential Eligibility

In order to safely participate in the Bike School at Mt. Abram, participants must:

- Fit on a minimum of 20" wheeled bike
- Pedal, steer, stop and negotiate a bike over a variety of terrain
- Operate disc or rim brakes (no coaster brakes)
- Mount and dismount bicycle, with or without trained assistance
- Visually identify routes and hazards while riding
- Wear required safety gear including a properly fitted helmet
- Perceive and comprehend the inherent risks of the activity
- Stay alert and focused for the duration of the course
- Effectively notify leader or other riders of injury, illness, personal distress or need for assistance
- Perform necessary self-care including maintaining nutrition, hydration, personal hygiene and clothing management
- Perceive, understand and follow basic instructions including, but not limited to, directions to move, pedal, stop or other action required to avoid hazards and/or manage risks
- Contribute to a safe learning environment; harassing or abusive behavior will not be tolerated
- Work cooperatively as a member of the group (group lessons only)

Equipment Requirements

- Cycle with minimum of 20" diameter wheel
- Knobby tires
- Hand brakes (disc brakes recommended, rim brakes are acceptable; NO coaster brakes)
- Helmet
- Eye protection recommended

If you plan to bring your own bicycle to a course, the staff of the bike park reserves the right to inspect it for safety and use on the trails. If it does not meet safety standards, rental bikes are available for your lesson.

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