

RISK ASSESSMENT SUMMARY

Mountain Biking

In this Risk Assessment Summary, the term **Mountain Biking** means all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by **Gravity MTB** including but not limited to: competitions, training rides, tours, programs, workshops, lessons, clinics or other related services, including cross-country, downhill, velodrome (track), Bicycle-motocross (BMX), trials, cyclo-cross or road cycling.

Accidents while engaging in the Adventure Activity occasionally happen. The Adventure Activity includes inherent and foreseeable risks of harm, personal injury or even death. While the variety of risks is more than can be listed here, **Gravity MTB**, takes this opportunity to identify the more obvious and frequent risks.

Activity Risks

I have been advised to wear an approved helmet while participating in Cycling Activities, and to comply with all applicable municipal and provincial highway laws and regulations. I recognize that serious head injury or death can result even when a helmet is worn. **ASSUMPTION OF RISKS** I am aware that participation in Cycling Activities involves many risks, dangers and hazards including, but not limited to: changing weather conditions; mechanical failure of bicycles; falls; loss of balance; high speed descents; difficulty or inability to control one's speed and direction; rapid or uncontrolled acceleration on hills and inclines; extreme variation in cycling terrain including steep or slippery sections, trees, roots, tree stumps, logs, cliffs, rocks, rock drops, loose gravel, holes, depressions, streams and creeks; constructed features such as bridges, ramps, ladders, bumps, berms, jumps, and drops; collisions with natural and constructed objects, other participants, vehicles, pedestrians, spectators and officials; encounters with domestic or wild animals; negligence of other persons.

NEGLIGENCE ON THE PART OF **Gravity MTB** AND ITS AGENTS, PRINCIPALS AND EMPLOYEES, INCLUDING THE FAILURE ON THE PART OF **Gravity MTB** AND ITS AGENTS, PRINCIPALS AND EMPLOYEES, TO SAFEGUARD OR PROTECT PARTICIPANTS FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN THE ACTIVITIES.

Communication in the remote terrain which is sometimes used for the Adventure Activity is difficult and in the event of an accident, rescue and medical treatment may not be readily available.