



Mountain Kids' Policies

Volunteers

All volunteers need to attend a training session before helping at an event. Training sessions can be held immediately prior to the event. Training sessions should include:

1. At least 2 adults need to be with each group of kids. If a child is injured, one person stays with the kids while another goes to get help.
2. All adult volunteers should have a walkie talkie or cell phone to call for help. Phone calls should be placed to:
 - a. 911
 - b. Group leader
 - c. State park headquarters
3. Contact numbers and trail maps should be available for each volunteer to carry with them.
4. Plan for the event; which trails will be used and planned route.
5. Volunteers should have kids walk sections that are too difficult for them.
6. There should be 4 kids per 2 adults. Adults should be interspersed among kids.
7. Extra tubes, tools, First Aid kit should be brought on each ride.
8. Kids should be given opportunities to drink and stay hydrated.

The group leader should stay at the trailhead and the ride leader rides with the kids. The group leader should be certified in First Aid/CPR training.

Events

1. A training session should be held 15 to 30 minutes prior to the event for volunteers.
2. Condition of bikes, with particular focus to headset, stem, and brakes, should be checked by adult volunteers prior to the start of the event.
3. Once kids arrive, permission/release forms need to be turned in by the students/participants.
4. Participants need to be taught about riding the trails. Before heading out on the trails they should learn about:
 - a. Weight distribution for going up and down hills.
 - b. Brake use.
 - c. Shifting
 - d. Pedal placement (safe position over rocks and roots)
 - e. Walk anything that seems too hard or scary.
 - f. Always ride in control
 - g. Yield to horses and pedestrians
 - h. Stay on the trail surface.
 - i. A helmet must be worn whenever the child is riding the bike.
 - j. Participants should be taught about the importance of wearing a helmet. Correct helmet usage will be modeled for the participant.
5. Before participants start riding the trails, a trained volunteer will fit them to a bike and a helmet.
6. Adults are interspersed with participants.
7. Participants are told to stay behind the ride leader and with their adult.
8. In the case of inclement weather, events should be postponed in the event of thunderstorms or severe weather in the area.
9. Events should not be held on lands open to hunting during firearm deer and small game hunting season.

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Bike Maintenance

1. All bikes should be numbered.
2. A log will be kept for each bike stating serial number and maintenance for each bike.
3. All bikes will be cleaned, brake/shifter cables and housing, tubes and chains will be replaced as needed.
4. Each bike will be checked before each event.

Approved by the MMBA State Board, April 12th, 2006