



Trail etiquette for young mountain bikers in easy language, appealing to the imagination of kids.



Learning experience



Topic

MTB Specific



5-15 min



Participants

- Are able to ride without leaving a trace, disturbing animals and other users
- Learn and implement the rules for responsible MTBing (IMBA Rules of the Trail)



Suitable for
all ages, preferably kids
(participants)



Practical sessions



Outdoor F2F



Materials needed

No



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Preparation

Being a ninja means being so quiet and careful that there is no sign/trace of you having been there in the first place. This means planning to avoid wet, muddy trails and never leaving your trash behind (These are the basics of the IMBA rules of the trails which will be explained to kids).

Being a ninja also means never scaring animals when we are out riding. We like to 'Keep furry friends happy 'and give animals enough room and time to adjust to the group. Use the rule of thumb to keep the right distance. Create your own local 'big 5' of animals to scout to make it a bit more exciting.



Potential variations

Combine with the mindful minute/ 1 minute of silence or two minutes of silence. Especially with noisy kids, you won't hear birds in the first minute but coming back the second. Showing the kids avoiding excessive noise in nature is important.

Other variations: fix wet / muddy sections of a trail with kids in order to leave no trace.



Background knowledge

More information to be found at

[IMBA Rules of the Trails](#)

[IMBA Ride Vibes](#)



BE A NINJA



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Key words

#principles
#Mountainbike
#flora #fauna #littering
#erosion #leave no trace



Source

IMBA US



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Materials

IMBA's Rules of the trail for young riders

IMBA'S RULES OF THE TRAIL FOR YOUNG RIDERS

IMBA's Rules of the Trail help mountain bikers and other trail users understand each other and get along better. Here's a version of the rules just for young riders.

- BIKE WHERE IT'S ALLOWED**
Not all trails allow bike riding—some are just for walking or other activities. Find out whether mountain biking is okay before you ride.
- BE A NINJA**
Be a mountain bike ninja, so careful that no signs are left behind after you ride. This means avoiding wet, muddy trails, and never leaving your trash behind.
- STAY IN CONTROL**
Don't ride too fast or too crazy—you must always be able to slow down or come to a stop so you don't frighten anyone on the trail.
- MOVE OVER**
Be friendly and polite to everyone you meet. Remember that people on bikes should move out of the way for hikers and horseback riders. If you are riding a bike down a hill and someone else is pedaling up it, be sure that you give them plenty of space.
- KEEP FURRY FRIENDS HAPPY**
Give animals enough room and time to adjust to you. Use special care and follow directions when passing horseback riders.
- PLAN AHEAD**
Know where you are going—bring a map. Ride with an experienced adult when visiting a new area. Always wear a helmet and appropriate safety gear.

ILLUSTRATIONS BY JESSIE TRACY

IMBA CANADA'S TAKE A KID MOUNTAIN BIKING DAY PARTNER
MEC
Sprockids
SUBARU
CONFIDENCE IN MOTION

https://imbacanada.com/wp-content/uploads/2018/09/IMBA_2016_TrailRules_YR_Brochure_Web.pdf

More activities under see-project.eu