





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



Learning experience



Topic





5-15 min

MTB Specific



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







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Key words

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



Source

IMBA US



Presented by

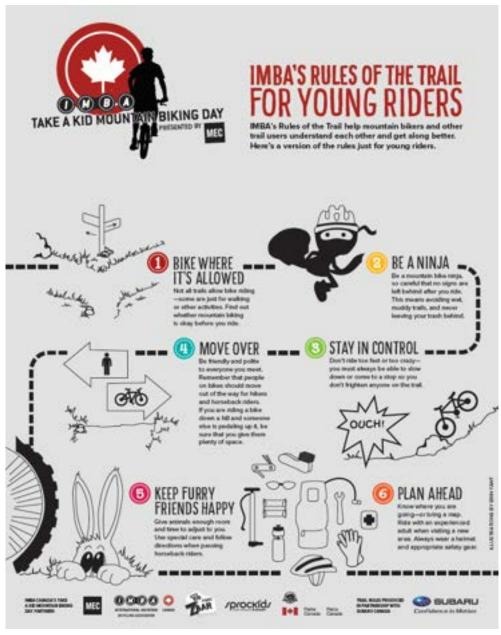
Mark Torsius, IMBA Europe





Co-funded by the Erasmus+ Programme of the European Union Trail etiquette for young mountain bikers in easy language, appealing to the imagination of kids.

Materials IMBA's Rules of the trail for young riders



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