



**RIDE YOUR
EXPERIENCE**



CIOCCO BIKE CIRCLE REGULATIONS

The Ciocco Bike Park is made up of several tracks of various types and difficulty with characteristics suitable for practising the disciplines of MTB Gravity, Downhill, Cross Country, Enduro, * some of which are dangerous activities with a high risk of injury and recommended only for expert users of these disciplines. The Bike Park tracks are monitored and maintained daily for your safety with recorded interventions and monitoring.

Although neither Ciocco, nor the municipalities owning the state-owned land where part of the routes are developed, nor the authorities in charge, nor the Associazione Sportiva Dilettantistica Ciocco Sport Lab are responsible for any adverse events or accidents, it was deemed necessary to develop these regulations, the observance of which is obligatory for every user of the Bike park in order to take all appropriate measures to avoid damage and in any case for the correct use in the greatest possible safety. These regulations, together with the explanatory signs, are published on the Ciocco Bike Circle website and posted at the entrance to the Ciocco Bike Park and are available at the offices.

1. It is forbidden to enter the tracks without being aware of these regulations and knowledge of the signs.
2. It is the obligation of everyone to respect the environment.
3. Access to all trails is only permitted to those who have signed the "Acceptance/Risk Assumption" document and therefore implies that the user assumes full responsibility for his or her conduct, the consequences arising therefrom and full acceptance of the regulations including the preamble. No liability can be attributed to the owner of the facilities, the operator, the management-maintenance of the Bike Park, and/or the administrations or other bodies that own the state property or are responsible for them or other collaborators, even on an occasional basis.
4. Before tackling any route, analyse whether it is suitable for one's own abilities and equipment, in relation to the technical basics of riding and the sufficient skills, physical dexterity and knowledge required to tackle the routes safely and without endangering oneself and others.
5. You must have the technical basics of riding and sufficient skill, physical dexterity and knowledge to tackle the route safely.
6. You must keep your speed under control at all times in relation to the course and your technical abilities, psychophysical conditions and track conditions. For all needs and information regarding routes, instructors or guides, please contact the offices provided for this purpose.
7. Lessons by such instructors are strongly recommended for users who are not experts in the discipline.
8. It is compulsory to always wear suitable clothing for the type of activity, wearing a helmet at all times. In the case of the Enduro discipline, a full-face helmet, back protectors and lower limb protectors are recommended. Furthermore, the use of elbow pads, gloves, protective shorts, specific footwear, neck protection and mask is strongly recommended. Subject to different provisions in the case of competitions and specific events.
9. For your own safety and the safety of others, you must check that all your equipment is adequate and in top working order by ensuring that your bike is in good working order. If this is not the case, you must immediately go to a service/maintenance centre before continuing to ride.
10. Maximum respect and observance of signs is mandatory, paying attention at crossings, pedestrian crossings and roads.
11. It is compulsory to maintain the minimum safety distances with the user in front; if there are stationary users on the track (as well as any other possible obstacle) slow down immediately, avoid stopping on the track, and in the case of stopping it is compulsory to stop only at the edge of the track and to leave the track clear and remain in a visible position.
12. Respect other bikers and hikers. Always slow down when overtaking or approaching others.





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13. It is compulsory to follow the instructions of the staff in charge of the bike park.
14. Respecting and observing biking and road signs is mandatory.
15. It is one's own responsibility to avoid cyclists, people, animals, and objects even if they are not on the trails. With the exception of the tracks within the Bike Park, which are exclusively used by bikers, pedestrians and other trail users have priority.
16. Some trails involve crossing roads and paths, which are however signposted. Always pay the necessary attention to the presence of vehicles, pedestrians and respect precedence. Extreme caution is mandatory, slowing down, particularly when crossing forest roads, crossings with other paths and maximum respect for the right of way of motor vehicles, motorbikes and pedestrians.
17. Give assistance if you are involved in or near an accident. Users are requested to contact the NUMBER UNICO 112 and then .331 6472646.
18. The user is made aware that during his or her access to the Bike Park, photographic and video footage may be taken, and the photographic or video images captured may be used for promotional purposes of the Bike Area facilities and/or its territory. The organisation involved in the promotion is obliged to use such material within the terms laid down by law, avoiding contexts that undermine the personal dignity and decorum of the person portrayed. The posing and use of the images are to be considered free of charge.
19. Minors: minors MUST be accompanied by an adult, subject to signing a release of liability.
20. Access to the Bike Park is only permitted when it is regularly open.
The facilities and tracks may close without notice should weather conditions, safety reasons or other force majeure occur.
21. Respect for and observance of the signs on the track is compulsory.
22. Always pay the necessary attention to the presence of vehicles, pedestrians and respect precedences. It is mandatory to follow the instructions of the staff in charge of the operation and maintenance of the Bike Park
23. On the trails there are natural jumps, major unevenness of the ground stones, roots and branches, jumps, footbridges, and other artificial structures. Before tackling them, you should carefully check that they are within your reach, if you have any doubts they should be avoided, and you should use the appropriate variants present as an alternative throughout the route.
24. It is strongly recommended to carry out an initial reconnaissance of the tracks at low speed, even if you are already familiar with them and regardless of your own knowledge, to check the route, the general condition and the state of the terrain. It should also be remembered that the grip conditions of the tracks vary quickly and that even in sequential passages the conditions found may be different.
25. Users are obliged to report any damage to paths and structures.
26. It is forbidden to modify and/or tamper with routes or structures in any way.
27. It is strictly forbidden to leave the marked tracks, enter the forest and access closed and unmarked paths and tracks.
28. It is forbidden to use the Bike Park and its routes under the influence of alcohol or drugs.
29. Entry to the Bike Park routes implies full acceptance of these regulations.
30. Access to the Pump Track is only permitted after signing the liability waiver and paying the entrance fee at the Ciocco Bike Circle offices.
31. The Pump Track is characterised by a track with a variable flat-altitude course, consisting of humps, jumps, parabolic curves and artificial obstacles. The use of the track requires therefore requires the technical skills and specific athletic preparation of the users who access it under their own their own responsibility and aware of the risks associated with the activity they are carrying out.

