

## **Parent/Guardian Information Form** **Five Rivers MetroParks Mountain Biking Program**



Your child would like to participate in the Five Rivers MetroParks Mountain Biking program on 10/16/2021 and/or 10/23/2021 at the MetroParks Mountain Bike Area (MoMBA) at Huffman MetroPark.

During this hands on Mountain Biking program participants will get an overview on biking safety and how to operate and maneuver the bike and then have an opportunity to ride around the trails as a group. All participants will wear a properly fitted bicycle helmet during this program.

MetroParks highly trained and experienced staff will be with the participants to provide supervision, safety and assistance. There is a chance that we may get wet or muddy so please have your child dress appropriately, including wearing closed-toed shoes. In addition a bottle of water and dry change of clothes should be included.

### **Essential Eligibility Criteria**

To participate in this activity a participant must satisfy the following essential eligibility criteria:

- Be able to independently get on and off, and ride a bicycle.
- Be able to independently hold their head and neck upright, without restraints, while peddling in order to maintain proper body positioning and avoid crashing.
- Be able to wear and maintain wearing a properly fitting bicycle helmet throughout the program.
- Be able to pedal, steer, stop, and negotiate a bicycle over a variety of terrain including flat, uphill and downhill.
- Be able to perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, maintaining personal hygiene, and managing known medical conditions.
- Be able to, either independently or with the help of an augmentative communication device or with the assistance of a companion, effectively communicate with the instructor and other participants.

**Please read through the following mountain biking related hazards and risks before signing the Risk and Release Form.**

### **Potential hazards while participating in a mountain biking program include but are not limited to:**

1. Riding into objects, persons or animals, including but not limited to trees, roots, other bicycles and manmade structures.
2. Possible equipment failure and/or malfunction.
3. Participant's negligence and/or the negligence of others, including but not limited to operator error.
4. Exposure to outdoor elements, including but not limited to inclement weather, lightning, severe and/or varied wind, temperature or weather conditions.
5. Cold and heat related injuries and illness including but not limited to hypothermia, hyperthermia, heat exhaustion, heat stroke, sunburn, and/or dehydration.
6. Attack by or encounter with insects and/or animals.
7. Fatigue, chill, and/or dizziness, which may diminish reaction time and increase the risk of accident.
8. Participant's sense of balance, physical coordination, and ability to follow instructions.
9. Risk of injury from the activity and equipment used in mountain biking is significant including the potential for permanent disability and death.

If you have any questions or concerns; please contact us for further information and clarification. Please do not sign the attached Risk and Release Form until you have any questions you may have answered. Mountain Biking can be a safe and fun outdoor activity and we look forward to sharing the joys of being on the trail with your child.

I, \_\_\_\_\_, the parent/guardian have read and understand the information listed in

this document, on this day \_\_\_\_\_ of \_\_\_\_\_ in the year \_\_\_\_\_.

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