

GIDGE CROSS-COUNTRY TRAINING DAYS

- All riders must wear safety vests and a medical arm band. Ambos cannot identify you if you do not have an armband.
- Please walk the course before you ride - maps are available at the office.
- You have 30 minutes on the course – the time will be taken by the gate marshal when you enter the course and when you leave the course. Please do not stay on the course over the 30mins.
- Always follow the consecutive flow of the numbers (from start box to finish- **red** is always on your right).
- Keep moving in the correct direction – you can jump obstacles more than once if it is safe.
- All obstacles that are suitable for jumping are flagged & numbered. If an obstacle is not flagged **do not** jump it.
- Avoid creating congestion (no one needs to go through the water more than 2 times)
- Please be aware of – and considerate to – other course users.
- Abide by normal “on course passing rules” – if slower riders are in front of you call out loudly **RIDER COMING THROUGH** and be cautious in case, they have not heard you.
- Heed promptly directions and requests from officials
- Riders aged between 8-10yrs must be always accompanied by an adult when on the course

REMEMBER THE RED FLAG IS ALWAYS ON YOUR RIGHT AND PLEASE RIDE SAFELY AT ALL TIMES

