**MOUNTAIN BIKE ORIENTEERING SAFETY RULES – February 2022**

1. Helmets are mandatory.

2. A serviceable bike is required.

3. You must stay with your bike at all times.

4. You must stay on mapped paths at all times.

5. Controls must be visited in numerical order.

6. Give way to members of the public on foot or on horseback.

7. When overtaking, pass the other cyclist on the right and shout loudly "on the right".  In a head on situation, both parties turn to the left.

8. Riders travelling uphill must be given priority.

9. Take extra when approaching roads with traffic. Obey the Highway Code when on a road.

10. At an intersection, the rider on the smaller path must give way to the rider on the larger path.

11. Slower riders should give way to faster riders.

12. Take extra care when head down reading the map or approaching another rider head down. Shout warnings as appropriate.

13. Do not loiter at a control site.

14. Move well clear of the track if stopping for any reason (including reading the map).

15. MTBO maps are similar to foot orienteering maps but contain less detail. There are no form lines and only 2 grades of forest (white - open forest, green -the rest). Many small contour and rock features are not mapped.

16. The main difference from foot orienteering maps is the grading of tracks and paths. Tracks are wide enough for 2 cyclists to pass and paths are narrower and generally difficult for cyclists to pass. Tracks are drawn with thick width black symbol and paths are shown with a narrower width symbol.

17. Tracks and paths are classified into 4 speed bands. Fast (75-100% of possible riding speed on a hard smooth surface). Medium (50 - 75%), slow (25 - 50%) and very slow (0 - 25%). Fast is shown with an unbroken line, medium with large dashes, slow with smaller dashes and very slow with tiny dashes that look like dots.

18. If an obstacle cannot be crossed or the track/road is out of bounds, a magenta X will be marked on the track/road.  This applies to Craigmillar Castle Road, which runs through the centre of the map for courses A and B (north to south) and on the east edge of the map for courses C and D.

19. Control descriptions are not used and control codes are not used at this session.  The control marker will be in the centre of the circle on the map.