

## Important Information

### 1. Essential Protective Equipment

**These are the items of protective equipment that are mandatory. Nobody will be allowed to ride without them. If at all unsure please do not hesitate to contact us - we are here to help.**

All riders must wear full face helmets to EC2205 or the equivalent whenever in contact with a running motorcycle. Helmets may be road type full face, or with a locking 'flip' style chin guard, or motocross full face. Open face helmets of any type are not permitted.

Eye protection must be worn at all times. This may be the visor of a road helmet, or goggles in conjunction with a motocross style helmet. You will get hot, and it does occasionally rain even in the garden of England, so a pair of safety glasses is a useful backup to help maximise cooling airflow and minimise the risk of fogging.

Gloves must be used whenever riding. We recommend lightweight motocross style gloves (even in the depths of winter) as they give great feel and we will not be riding at high speed and getting cold. Lightweight summer leather or textile road gloves are also suitable.

Boots are the most important item of safety equipment and must be rigid motocross style. Lace-up boots, soft trials or adventure boots are not suitable.

If you have any concerns as to whether what you have is suitable then please do not hesitate to call / email us to discuss. Please do this at the time of your booking so that we have plenty of time to reach a solution.

We have safety glasses and gloves available free of charge, and motocross boots for hire. If required please confirm your glove size (eg Medium), and your boot size as a UK or European size at the time of booking so that we can bring the necessary on your day. We are not able to hire helmets.

Please be aware that we will check the items above and that nobody will be allowed to ride without this minimum standard of safety equipment. No refund will be provided for anybody who has not provisioned for these standards.

## 2. Recommended Protective Equipment

**These are items which are not mandatory, but if you have access to them we would recommend that you make use of them. Again, please contact us if you would like to discuss and we will do our utmost to help.**

These items are not mandatory, but are recommended:

Some sort of protection for knees and elbows. This could take the form of textile road riding trousers and jacket that have built in armour, or motocross style pants and shirt with separate armour. We will not be riding at any great speed, but a little extra protection is always a good thing.

If wearing textile road style trousers and / or jacket we strongly recommend removing any additional thermal liners, and please be prepared for them to get dirty. Leather trousers and jackets are most definitely not suitable.

A back protector, whether built in to a jacket or as an individual item, also provides a welcome extra layer of extra protection.

## 3. Other Items to Make Your Day More Comfortable

**These are items which are far from essential, but that can be very nice and may help make your day more comfortable.**

In no particular order:

- Something to clean your visor or goggles with.
- Perhaps some safety glasses to use as a backup instead.
- A spare pair of gloves in case yours get wet or muddy.
- For base layers please apply the principle of layering - we will not be moving fast, and you may get hot.
- If the weather is forecast to be particularly cold or wet please consider a waterproof over jacket (for the reasons given above you will probably not use it, but better to have it and not need it).
- If you have a CamelBak style drinks bladder please bring and use it, we will be taking regular breaks but it can be nice to have a drink with you.

## 5. Noise

**Sorry to have to bring this up, but the fact is that the greatest threat to having places to ride motorcycles is noise. We have the use of a selection of amazing private venues for training. All these venues have neighbours, no matter how distant, and our continued use of the sites relies on our good relationships with these neighbours. Please help us keep our fantastic venues.**

- The southeast is a very crowded place with lots of conflicting interest groups. The majority will prevail if provoked, and unfortunately that majority do not ride motorcycles.
- Noise is bar far the biggest threat to our pastime, and it carries for miles.
- It is not hard to understand why folks enjoying a walk or cycle in the country, or having a relax in their own back garden on a sunny day, do not want to hear the bark of a big bore motorcycle in the background. They will mobilise and they will get support.
- When a site is lost it is lost forever, it will be virtually impossible to license its use again. This happens across the UK but is most acute in the southeast where the density of population is highest.
- We therefore proactively manage the noise at our sites. If a bike is too loud we will try to help, but ultimately it may not be possible to use, and if so then no refund will be given.

- As a rough guide:
  - A motorcycle with a decat and an aftermarket 'silencer' (also known as an exhaust or end can) without a baffle will definitely be too loud.
  - The same bike with the baffle in place may be ok depending on the bike, the exhaust, and the health of the packing in the exhaust (they get noisier as they get older and the packing compresses).
  - A motorcycle with the cat in place and an aftermarket exhaust in good health with a baffle will be okay (without the baffle it may not be).
- Please help us keep our venues, and have calm relaxed riding days – if you have a baffle please fit it, or bring it with you so that we can fit it for you.
- **If you have any questions or concerns about your particular bike please ask us in advance of your training day – we want to help, and we will do our utmost to enable you to ride with us** (we may be able to lend you a baffle for example).