

## **Big Bike Bash Code of Conduct**

During your stay at Avon Tyrrell Outdoor Activity Centre and your participation in the Bash we ask that you adhere to these rules for your own safety and the safety and enjoyment of others.

**Please use common sense** and also respect the other guests at the Bash – If you are a nuisance to others and cannot abide by these rules we will not hesitate to remove people from the event without refund.

If you are on a bike **WEAR A HELMET AT ALL TIMES** anywhere on site. Due to the nature of the events and the number of people on site **all bikes must be equipped with working brakes** for the riders' safety and the safety of others.

The underlying soils at Avon Tyrrell are very fragile and in summer time the vegetation presents a fire risk **regardless of the weather**. Consequently **no wood fires or wood fired BBQs** are permitted anywhere on the site. **Only gas or charcoal BBQs to be used and must be elevated above the ground when in use**. Please **use lighting fluids with care** and have a bucket of **water ready to properly extinguish a charcoal BBQ** to reduce the fire risk and prevent damage to the fragile ground on the site.

Failure to follow the code will result in you being asked to leave the Event.

Know the location of your nearest Fire Assembly point in case of an emergency.

All rubbish/recycling must be disposed of in the skips/bins provided. They can be found at the entrance to the campsite, in the car park by reception and behind the main marquee. Please note that guests leaving large quantities of rubbish will be charged for its removal.

Do not play loud music at any time and keep noise levels to a minimum at night.

We have a quiet period from 11.30pm until 7:30 am.

As we have large numbers of people on site, including small children, please only cycle on the designated tracks and keep your speed down (be prepared to stop at any time) outside of the organised races.

Parents/Guardians please accompany and supervise your children. Supervision is also strongly recommended for those new to off road riding.

You must make sure your bike is in good working order, pay particular attention to the tyres, brakes and gears.

Know your limitations. Off road cycling can be fun and challenging but can be hazardous so don't try any stunts or tricks.

Please drive vehicles slowly and with care and be aware of pedestrians and cyclists on, or crossing, tracks on the site. Restrict vehicle movement on site, especially late at night.

## Self Catering Lodges

Please note that to comply with Avon Tyrrell insurance certification self-catering accommodation is sold with a maximum upper limit of occupants.

Guests must ensure the maximum numbers are not exceeded.

Damage to self-catering lodges or Avon Tyrrell property will be invoiced to the named person responsible for the group or party without exception.

Please ensure you abide by all out of bounds signs and do not enter areas of restricted access.

Please ensure you are aware of all water hazards on site and take any necessary precautions to ensure you and your children's safety.

As well as having direct access to the New Forest our land also borders a number of private properties so please respect this. If you are unsure of our boundaries please ask.

In fairness to the housekeeping staff we kindly ask that you leave ample time to pack up and depart your lodge accommodation so that arriving groups can check in on time. Your departure time is 10am.

## Additional Information for Campers

We advise you pitch your tents at least 6 metres away from neighbouring groups and lodges, and at least 3 metres from others in your own group.

Campers are welcome to stay pitched until after the Prize Presentation on Monday. Campers in 'Camping with a View' MUST VACATE BY 6PM MONDAY - this is land which is borrowed from Bour.

Please be aware of the risks of Lyme disease (from ticks) and Weils disease (from water courses) which can occur in the New Forest. Reception can give advice on these if you have any concerns. Should you experience any problems during your stay please report them immediately to our reception staff or BBB Volunteers in lime green.

## Northshore, pump track and gravity areas

The gravity track can only be used after you have received induction training from the Avon Tyrrell instructor. **Access to the gravity track is only permitted during induction sessions and Events organised by the Event Organiser.** Access is forbidden at all other times.

The north shore is a bit green and slippery and must not be used during the Event.

## **Thinking of doing the lake jump and/or lake activity sessions during the BBB?**

An instructor covering sessions on the lake is available to brief participants but here are some key points of extra information to take note of before you decide to proceed.

When participating in water sports there may be some natural hazards you may come across on the bottom of the lake like sharp stones or fishing hooks and also be aware of the potential water borne illnesses and risks from drowning and hypothermia.

However these are rare and with a bit of care and management should not stop your enjoyment; by following a few simple rules you can stay safe AND enjoy all that the great outdoors has to offer!

- If you have any unhealed cuts or grazes cover them up with micropore tape/waterproof plasters.
- Wear enclosed footwear (no flip-flops or sandals) and suitable clothes for the activity.
- Avoid prolonged swimming in the lake or swallowing lake water.
- Don't adjust or play with safety equipment (like buoyancy aids), get help from an instructor.
- Wash your hands, face and body after being in the water, there is a shower block next to the lake.
- If after the session, even after a few days, you start to feel unwell perhaps with flu-like symptoms and are at all worried, see your GP. Make sure you explain where you have been and what you have been up to.

## **General**

**DO NOT WEAR LIME GREEN TO THE BASH**

Unless you want to spend many hours helping the event go like a dream.

**NO DOGS OR CATS ALLOWED AT THE EVENT**

Please adhere to this or we'll ask you to leave with no refund. That includes the family that hide their dog in the tent all day. What a rubbish weekend for the dog!

Out of office hours please contact the On Call member of staff using the emergency phone point outside reception, or by calling 07743 559344.

Our rules are to ensure everyone's enjoyment, please abide by these and remember we are only able to help if we are aware of the problem.

**Most importantly, HAVE FUN and don't be an idiot.**