

## **CYCLE JUMP USERS' MANUAL**

### **Where did the jumps come from?**

In spring 2011 a group of riders brought a petition to the Parish Council, asking for cycle jumps. Working to a plan drawn up by an experienced BMXer, jumps were made later that year on an area below the tennis courts.

- *These are your jumps — please look after them!*

### **Useful things to know**

The site is not supervised, so it's up to you to take care.

There are litter bins close by on the main part of the rec.

There are public toilets by the playground.

Dogs aren't allowed. (Why? Poo piles, mainly. And dogs can get too frisky).

Ringing 999 is the fastest, easiest way to get medical or police help.

### **Things to think about**

You only have one head. It's the most important bit of your body.

Gloves can save a lot of pain.

There's a footpath close to the jumps.

It's not hard to hurt yourself. See below for ways to avoid damage.

### **Bike questions**

Is your bike strong enough for jumping?

Do the brakes work?

Have a look at your bike's frame and forks. See a crack, especially where frame tubes meet? If yes, don't use it.

Flip your bike over and spin the wheels. Any wobble? If yes, get the wheel(s) checked out.

### **You know it makes sense**

*Wear a helmet!!*

In case you missed that, here it is again. *Wear a helmet!!*

Stick to the size of ramp you feel comfortable with — bigger jumps come with practice.

Use a BMX bike if you can get one. It'll probably be stronger than most mountain bikes and is made for jumping.

If you spot a sharp stone, put it in the hedge where it can't puncture tyres.

Bring drinks in plastic bottles. Glass = breaking = hassle.

Take your litter home. Or put it in a bin on the way home.

Leave plenty of room for people walking on the footpath.

If you see young children using the jumps and there's no grown-up around, keep an eye on them.

One-way traffic on the course, please. Ride only downhill — it's easier...

### **Formal stuff**

You use the jumps at your own risk.

The site owner is Barcombe Parish Council (see [www.barcombe.net](http://www.barcombe.net) for contact details).