

## Conditions of use/ Assumptions of risk form

The “**Flinders Ranges by Bike**” (FRBB) cycle trail is a 200km circuit that links Rawnsley Park (Wilpena Pound) in the south to Gum Creek Station (Blinman) in the north.

The FRBB trail follows part of the Mawson Trail as well as tracks on Arkapena, Upalina, Willow Springs and Gum Creek Station Properties and within the Flinders Ranges National Park. The circuit route provides the opportunity to explore some of the most spectacular scenery in the Flinders Ranges without the need to re-trace your route. The FRBB trail is designed to take three and half days to complete the 200km circuit, the route map shows the distance and elevation profile of the trail.

The FRBB trail is maintained by an association of Station Owners (Flinders Ranges by Bike Inc.) with the cooperation of the Department of Environment and Heritage. Persons riding on the FRBB trail will be using private access tracks in conjunction with sections of the Mawson Trail and Public Roads. FRBB Inc has a Commercial Tour Operator License to operate the FRBB trail within the Flinders Ranges National Park. FRBB Inc will charge a fee for cyclists to access the FRBB trail, this fee is anticipated to cover the costs associated with managing and maintaining the trail.

- FRBB Inc undertake to provide information to assist your enjoyable use of the FRBB trail
- FRBB Inc may close the trail due to conditions such as extreme weather or damage to the trail
- The FRBB trail will be closed to during the summer period December 1 – March 1
- Cyclists should use the FRBB route map for orientation and planning – the FRBB marker posts are located at intervals of not more than 2km and at junctions or changes of direction.
- Cyclists using the FRBB trail should be aware that the trail traverses steep terrain in an isolated region where emergency aid may take some hours to access.

### **Group Size**

Because of the isolated nature of the trail it is recommended that *groups of 2 – 10 persons use the trail*

Persons riding alone may not use the trail. It is recommended that 3 riders is the preferred minimum number of riders: In the event of an accident it is preferable to have:

1. Injured rider
2. Person to stay with the injured rider
3. Person to go for help

Larger groups may be split into groups of not more than 10 riders departing at 30 minute intervals

### **Overnight Stays**

Indiscriminate camping is not permitted on the FRBB Trail. Overnight stays must be at recognized camping or accommodation sites and booked with the appropriate operator.

### **Other Information**

This form is to be read in conjunction with other FRBB information including Map & Guide, UHF radio information (etc etc??)

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### Registering the Ride

All members of cycling groups using the FRBB trail must sign the conditions of use form

***Each group will provide a trip intentions form that completes each section by not later than 4.00pm on each day of the ride***

Accommodation and camping is available at Rawnsley Park, Wilpena, Willow Springs and Gum Creek – it is recommended that day sections end at these locations in order to maintain contact with FRBB members.

### Cycle Maintenance and Spares & Equipment

All cycles must be well maintained and in excellent working order and are the responsibility of the rider/owner/hirer

It is recommended that tubes be treated with an anti-puncture product such as ‘Slime’

Each group must carry a puncture repair kit, chain repair kit & wheel repair kit

A tyre pump must be carried by each group

All cyclists must wear an approved cycle helmet

All cyclists must wear covered shoes and clothing/creams to guard against sun/weather exposure

***A UHF radio of 5watts output shall be carried by each group, instructions for use attached***

***(radios may be hired from FRBB Inc)***

A first-aid kit suitable for the treatment of cuts & abrasions must be carried by each group

***(first-aid kits may be hired from FRBB Inc)***

Adequate water must be carried by each group as described in the heat/work schedule attached.

Adequate snack foods must be carried by each group in order to maintain energy for the length of the ride.

### Risks of cycling in a remote area

The following list of potential risks is not exhaustive and is intended to assist riders to understand the issues to be considered when riding the FRBB trail. The major consideration should be to plan thoroughly to minimise any potential risk:

- Obtain a weather report for the duration of the cycling trip – riding in temperatures over 38 degrees or with a likelihood of wet weather should be avoided

***(FRBB members have access to detailed weather reports from the internet)***

- The FRBB trail is isolated, riders need to be self reliant and have the capability to reach the nearest point of occupation by foot in the event of cycle damage.

***(FRBB members will undertake to provide search and rescue in the event of personal injury – NOTE: a fee will be charged for the retrieval of bikes & riders due to cycle breakdown)***

- The FRBB trail covers a range of terrain including steep descents, rough rocky sections, erosion gutters and loose gravel

Steep descents – use mostly rear brakes often and ride conservatively

Rocky sections – ride according to your experience, pushing the bike is recommended if in doubt

Erosion gutters – hitting a sharp gutter at speed is likely to cause wheel damage and may cause a fall

Loose gravel – may cause loss of balance resulting in a fall

- Heat Stress

FRBB members provide a chart giving information on the amount of rest and water required to maintain cycling fitness in various conditions.

Cyclists should be aware of the dangers of over-taxing themselves in hot conditions.

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- Other hazards

Wild or stray animals – kangaroos, emu, sheep, cattle - all have the potential to cause serious injury if colliding with a cyclist. Be aware that animals may be startled by seeing you and may act in an erratic manner – give them space to escape from the strange cyclist beast!

Fallen timber – there will be limbs across the track at times, be prepared and please remove the limbs if possible. Please report any hazards to the next FRBB member or to DEH staff.

**Riders should be particularly aware that large trees in the area (including River Red Gums) may drop limbs unexpectedly with the potential for serious injury.**

### Duty Protocols/Emergency Situations

Riding Group; (In the event of a group of cyclists requiring assistance the following procedure should be followed):

1. Assess the incident for danger to members of the group and take appropriate action to minimize risks.
2. Attempt to contact the ALDC member on UHF radio or by messenger (do not leave an injured person alone – remember that the ALDC/FRBB member will investigate if you do not reach your destination by the prescribed time)
3. ALDC/ FRBB member will take appropriate action and provide advice via UHF radio
4. Investigate and rectify problem if possible – may involve the provision of First Aid and/or transport of injured persons to shelter and/or hospital  
May involve transport of persons and/or bicycles to shelter
5. Contact SAPOL if problem requires full emergency response
6. SAPOL to co-ordinate actions

### Arrival Location Duty Contact (ALDC)

1. Try to remain generally available as a UHF radio contact during the ride
2. Monitor safe arrival of group at nominated accommodation location
3. Take definite action if a group is more than 1 hour overdue
4. Attempt to contact by radio/seek assistance from accommodation provider/investigate/inform SAPOL if and as appropriate

I declare that I have read and understood this document, and that I agree to abide by the conditions of FRBB Trail use and in doing so I acknowledge that this advice and information provided by FRBB is not to be used as a complete guarantee of safety while on the FRBB Trail.

Signed.....

Print Name.....

Date.....

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### TRIP INTENTIONS

Group Name (if applicable).....Commercial Tour Operator ..... Independent

Group Leader (on trip) Name.....Signature.....Date.....

Home Address.....

Work Address.....

Telephone (business).....(A/H).....(Fax).....

Email.....

UHF Radio Contact (Y/N) **FRBB Hire Radio**....Group....: B/U Vehicle....: **Own Radio/s**....Group....: B/U Vehicle....:

Itinerary

D	Date Of ride	Arrival Location Duty Contact(ALDC)	Departure Location	Departure time	Arrival Location	Arrival time	No. of persons
1	/ /						
2	/ /						
3	/ /						
4	/ /						
5	/ /						

If you have a back up vehicle you must provide details below:

Vehicle	Make	Model	Registration Number	Responsible Person

Please note: It is the group leaders responsibility to negotiate and nominate an Arrival Location Duty Contact (ALDC) who must monitor the safe arrival of the group and make the first response if a group is overdue.

Please see ALDC duty protocol on page 3 of the “Conditions of Use/Assumption of Risk Form”