



Rules & Regulations for Public Freestyle MotoX Training – Squamish Motorcycle Festival 2016

The following outlines the rules & regulations for the first ever public FMX training here in Squamish! Please read and review carefully, as anyone found breaking these rules is subject to immediate ejection from the training event. Participant and Spectator safety is our number one concern, so please abide by these common-sense rules, and lets all have a great time!!

General Rules

- All participants must carefully read and sign the waivers before they can participate. For those 18 and under, they **MUST** have parental permission and signatures on the waiver (waiver is distributed at the start of the clinics)
- All participants must be 13 years of age or older. Proof of age is required for those under 18 years of age.
- This is **NOT** an event for beginner riders!! All participants must already be comfortable with the following:
 - Riding at an advanced level (including jumping their dirtbikes, riding at motocross tracks)
 - Riding the bike that they brought to the event – Different bikes have very different throttle reactions, and you absolutely **MUST** be comfortable on the bike that you brought!
 - Performing acrobatic stunts/freestyle maneuvers in other sports (BMX/Mtn Bikes, ski/snowboard, trampoline centres & gymnastics, etc.) is considered beneficial experience, as you are already working on your “air awareness”. Please note any freestyle experience you have on your registration, as well as the length of time you’ve been exposed to this.
- Absolutely zero tolerance for drugs or alcohol. Those suspected of being intoxicated will not be permitted to participate, and will not receive a refund from the festival.
- This event is weather dependent. We are unable to allow riders to ride if the ramp is wet, so while we will do our best to adjust the clinic times so that we can still run the clinic, please be aware that if it is raining all day, we will be unlikely to offer the clinic and we will offer a backup clinic on Sunday July 3, or if we’re still unable to accommodate you, we will refund you in full.
- Cancellation by Friday June 24, you will receive a full refund. If you cancel anytime between June 24 and your clinic time/date, you will not receive a refund. No exemptions will be made.

Rider Equipment (bikes, pads)

- Permitted Bike Size: 2 & 4 stroke bikes are allowed, between the sizes of 50cc and 250cc.
 - Please state the size, make, model, and year of bike when registering.
 - Bikes will be grouped together according to sizes, so if you wish to ride in a group with your friends, then you need to be on bikes of approximately the same size. Grouping bikes in this way ensures quicker overall rider throughput, and less time spent adjusting the ramp location.
- Participants must all ensure their bikes are in proper running order, including reviewing the following:
 - No fluid leaks of any kind – oil/fuel/other fluids
 - Tires in proper track-ready condition, with good knobby tread remaining on the front and back wheels, inflated to the proper pressure
 - Wheels are in good shape and not warped/bent
 - No broken spokes, or other protruding metal that could damage the bag or injure a rider in a crash
 - Bikes should be cleaned prior to arriving. We will not permit excessively dirty bikes to participate. Please spray off your bikes prior to arrival, and arrive with them dry and ready to ride.
- Participants must wear at a minimum the following gear:
 - Full face helmet suitable for motocross
 - Motocross boots



- Motocross pants
- Gloves
- Additional pads are recommended, but not required

Arrival, Check-in, and Parking Lot & Grass Field Etiquette

- All participants are encouraged to come out early to check in, and to watch some of the previous session to get a better idea of what to expect.
- When arriving, park your vehicle at the designated parking loop for the Squamish Elementary School.
 - All bikes must be walked from the parking lot to the entrance area for the airbag (see Appendix for Map)
 - **Very important that bikes are walked and not ridden in this area!** The school has very graciously allowed us to use it for this unconventional purpose – Let's be good neighbours and make sure we can do this again next year!!
 - Walk your bikes to the paved Basketball courts and Entrance Tent area. This is where you will check in, make sure you have signed your waivers, etc.
 - You may wait and watch from this vantage point. No one except those in the active session are permitted within the fenced area.
- When your session is finished, please walk your bikes back to the parking lot area.
- Before, during, and after your session, please do NOT drive or ride on the grass. If you are seen doing this, you will be responsible for any damages/charges that are incurred as a result.

During your Session:

- All participants must listen to the instructions given by the Operator. Decisions made by the Operator regarding bike suitability, rider participation, etc., are final.
- All sessions start with an introduction to jumping on expanded metal FMX ramps (~20-30 mins)
 - This includes instruction on why jumping on an expanded metal ramp is different than other jumps, watching videos and in-person demonstrations, and performing test run-ins to ensure participants are approaching at an appropriate speed.
 - Participants will then perform basic low-speed jumps onto the airbag with the ramp pushed all the way to the bag
 - Once all participants are jumping at a satisfactory level, the ramp will be pushed back an appropriate distance for the size of bikes (5-15ft from airbag)
- Once the group is jumping: When you land on the airbag, continue straight to the back of the bag to the exit.
 - Approach slowly, and you can ride right off the bag.
 - Ride your bike to the side of the airbag to the "All Clear" area (see site layout in Appendix) so that you can see the riders in the Staging Area, and raise your hand in the air to signal you are OK, and the bag is clear for the next rider
 - Shut your bike off at this point, and walk it back to the Staging Area, so as not to damage the grass field between the airbag and the Staging Area.
- While the Operator has ultimate authority over the jumping area, here are some Basic Jumping Rules that all are expected to follow at all times:
 - One jumper at a time.
 - Next jumper NOT to proceed until the last jumper is visible in the "All Clear" area



- If the Operator places cones in front of the ramp (such as while adjusting the firmness of the airbag), no one is permitted to jump.
- To be as fair as possible, please try to ensure riders are not skipping ahead of others waiting to jump
- **No inverted tricks!** Performing inverted tricks (flips) on motocross bikes requires far more practice than is possible during these sessions. Contact Freestyle Progression to discuss private sessions for you and your friends if you wish to learn these!

APPENDIX

