

# RULES AND REGULATIONS OF THE MOUNTAIN BIKING TRAIL COMPLEX OF SZCZYRK ENDURO TRAILS

The Szczyrk Enduro Trails mountain bike trail complex in Szczyrk (hereinafter referred to as the Complex) located on the premises of the Szczyrk Ski Centre is administered by the Szczyrk Mountain Resort (Szczyrkowski Ośrodek Narciarski S.A., ul. Narciarska 10, 43-370 Szczyrk, Poland, info@szczyrkowski.pl, hereinafter referred to as the Administrator).

## I. GENERAL RULES ON THE USE OF THE FACILITY

1. The Rules and Regulations of the Complex, hereinafter referred to as the Rules and Regulations, define the rules and procedures for the use of the Complex, its facilities and area, i. e. the area where the Administrator runs the Szczyrk Mountain Resort (hereinafter referred to as SMR in Szczyrk).
2. The Complex comprises the following trails:
  - **GREEN TRAIL:** HALA SKRZYCZEŃSKA - INTENDED FOR BEGINNERS **called "Loop1 and Skill Zone"**
  - **BLUE TRAIL:** ZBÓJNICKA KOPA - HALA SKRZYCZEŃSKA - INTENDED FOR BEGINNERS AND INTERMEDIATES **called "Hip-HopA (Air)"**
  - **BLUE TRAIL:** HALA SKRZYCZEŃSKA - LOWER STATION OF GONDOLA - INTENDED FOR BEGINNERS AND INTERMEDIATES **called "Hip-HopA (Flow)"**
  - **RED TRAIL:** MAŁE SKRZYCZNE - HALA SKRZYCZEŃSKA - INTENDED FOR BEGINNERS AND INTERMEDIATES **called "Zbój"**
  - **RED TRAIL:** HALA SKRZYCZEŃSKA - SOLISKO - INTENDED FOR BEGINNERS AND INTERMEDIATES **called "Otik"**
  - **BLACK TRAIL:** POLANA SUCHE - SOLISKO - INTENDED FOR ADVANCED BIKERS **called "Otesanek"**
  - **BLACK TRAIL:** HALA SKRZYCZEŃSKA - LOWER STATION OF GONDOLA - INTENDED FOR ADVANCED BIKERS **called "Bestyja" ("Beast")**
  - **BLACK TRAIL:** HALA SKRZYCZEŃSKA - LOWER STATION OF GONDOLA - INTENDED FOR ADVANCED BIKERS **called "Bestyja Pucharowa" ("Cup Beast")**

**All trails are one-way!**

3. All persons using the Complex are obliged to make themselves acquainted with these Rules and Regulations as well as to strictly comply with all the provisions contained herein.

4. The Complex is open indefinitely within the opening hours of the SMR, in particular within the opening hours of the gondola lift on the premises of the SMR, except for the decisions of the Administrator and / or the entity which executes the contract for the ongoing maintenance of the correct and safe condition of the Mountain Bike Trail Complex. The opening hours of the Complex are posted in the form of an announcement on the SMR website [www.szczyrkowski.pl](http://www.szczyrkowski.pl). Using the Complex during the period when the trails remain closed is tantamount to violating these Rules and Regulations. The decision about closing the trails must appear in the form of an announcement placed in places which are well visible for the users, except in emergency situations which make it impossible to post an announcement. Emergency situations are understood to be unexpected deterioration of weather conditions posing a danger to users, in particular:

- sudden thunderstorm
- sudden heavy rain
- sudden hailstorm
- sudden gusty wind

Information on the closure of individual trails or the whole Complex should be placed by the entity executing the contract for the ongoing maintenance of the Complex in places well visible to users, i.e.:

- information board at the start of the ascent trail
- information board at the so-called trail centre
- website about mountain biking trails in Szczyrk being a part of the SMR website, i.e. [www.szczyrkowski.pl](http://www.szczyrkowski.pl), other communication channels run by the entity given above
- in case of closing a trail - an information board at the beginning of the trail

5. The Complex is closed in situations which threaten the safety and quality of the Complex infrastructure as well as during forestry works in the immediate vicinity of biking trails. The Complex remains closed within the winter period, especially during the thaw (periods occurring variably, depending on weather conditions). It is allowed to open the Resort in the winter season only when the ground temperature is below  $-3^{\circ}\text{C}$  and the ground frost is at least 10 cm.

6. It is forbidden to use the biking trails in situations which threaten the safety of users. You should refrain from using the trails in case of sudden weather events (storms, gusty winds etc.). The Administrator bears no liability for any damage caused by natural weather hazards. Situations endangering the safety of users are understood as:

- strong, gusty wind above 60 km/h
- heavy rainfalls, more than 0,50 cm of water per hour, lasting more than 24h
- hailstorm
- thunderstorms
- forestry works carried out in the immediate vicinity of biking trails
- other hazards which can cause an accident

7. Persons using the Complex who violate public order, good manners, pose a threat to other persons using the Complex or who do not comply with these Rules and Regulations may be removed from the premises of the Complex regardless of any other liability.
8. The following factors are prohibited on the premises of the Complex:
  - bringing and consuming alcoholic beverages and intoxicants
  - entry of persons whose condition indicates prior consumption of alcohol or intoxicants
  - walking dogs unleashed
  - riding without a helmet
  - riding an inoperative bicycle
  - riding a bicycle that is not intended for the use in the mountains
  - modifying and reconstructing trail elements
  - destroying constructions forming part of the Complex infrastructure
  - causing damage to natural environment
  - littering
  - lighting fire, smoking cigarettes outside designated areas
  - dogs entering, walking and running on the trails
  - walking bicycles along the trail in the opposite direction to the direction of travel
  - riding uphill if the trail is not intended therefor
  - riding off the marked trail

## **II. SAFETY RULES**

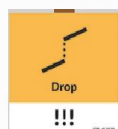
1. Practicing biking sports requires caution, physical predisposition and proper skills. Falls are unavoidable and may bring health consequences, difficult to foresee, leading also to permanent health damage or even to death. Everyone who consciously decides to use the biking trails of the Complex does so at their own risk and responsibility!
2. Any person who has an operable bicycle (necessarily with 2 operable brakes and at least a front shock absorber) intended for mountain use as well a helmet and all necessary protectors may use the biking trails.
3. Persons under the age of 18 years may use the Complex only and exclusively with the consent and under the control of their Parents or Legal Guardians. The Parents / Legal Guardians are responsible for the safety of their children or of the children under their care. Each parent or legal guardian is obliged to make themselves acquainted with these Rules and Regulations.
4. Persons using the Complex are obliged to use certified bike helmets on each of the trails. It is recommended to use helmets with full face protection and to use long

gloves as well as elbow protectors, knee protectors, spine protectors (turtle back protectors) and collars protecting the cervical part of the spine.

5. Users of the biking trails should behave in a manner which does not pose a threat to other people.
6. It is forbidden to stop on the biking trails, except for the designated places.
7. Before riding a trail, remember to make yourself acquainted with its course by viewing it on a map and on site. When viewing a trail on site, you must stay cautious and do not interfere with other users.
8. When using a biking trail in the morning, you need to take particular caution, because after night, there may be dangerous branches on it, thrown down by the wind. If you encounter a hazard of this type, remove it from the trail or report it to the Administrator.
9. If you notice dangerous damage to any of the obstacles on the trail, report it to the Administrator immediately so that the fault can be removed as soon as possible.
10. Keep a safe distance from the cyclists in front of you.
11. The speed should be adjusted to the difficulty of the trail section, the User's skills and the number of people on the trail.
12. Priority at trail intersections is always given to the cyclist coming from the right, except in cases when the 'Give way' sign says otherwise. During the competition, the competitor taking part in the competition has absolute priority at trail intersections. When approaching a trail intersection, the User should slow down and make sure that no other user of the Complex is approaching from the right.
13. At junctions of cycling trails with forest roads and tourist trails, you need to slow down and pay attention to other people at the junction.
14. In the event of an accident, any user in the vicinity should help the injured person.
15. Each person using the Complex is obliged to carry a document or an information card with identification information given thereon, including the telephone number of the person to be notified, should an accident happen. The card or documents should be inserted in an easily accessible place (e.g. in the right front pocket of trousers or in an easily accessible pocket of the backpack).
16. It is forbidden to use the trails of the Complex after dusk and in situations when the Administrator decides to close the trails by means of an announcement.

### III. TRAIL BLAZING

Warning elements on the trails.



Drop, fault line



Gap, hill with a hole in the ground



Exclamation marks, attention danger



Junction, sign for cyclists riding along the trail



No entry



Junction



No pedestrian traffic

#### **IV. COMMERCIAL USE OF THE COMPLEX**

1. Any person or institution wishing to make commercial use the Complex, including for sports competitions, photo shoots or video recordings or other commercial and profit-making activities, in particular in the form of product advertising, should obtain permission from the Administrator.
2. The Complex Administrator reserves the right to use, free of charge, any recordings, interviews and photos of the Complex users as well as to publish competition results in the mass media. It will not violate the provisions of the Act on Personal Data Protection of 29 August 1997 (Journal of Laws 133 item 883).
3. Any person or institution wishing to make commercial use of the Complex should inform other Users of the Complex about this fact by conspicuous posting a clear warning notice of the activity in front of the place where the activity is being carried out.

#### **V. LIABILITY**

1. The Administrator shall not be liable for any events or accidents resulting from a non-compliance with these Rules and Regulations.
2. The Administrator shall not bear any liability to Users for any damage incurred by the Users while using the biking trails, including events, collisions and crashes on the premises of the Complex, which resulted from causes and circumstances beyond the Administrator's control.
3. The Administrator shall be liable to Users of the Complex for items lost, stolen or damaged on the premises thereof.

Persons use the facility at their own risk!

4. Users undertake to comply with the provisions of the Complex Rules and Regulations as well as with the instructions of the security service appointed by the Administrator and the public order services and to behave in accordance the rules of social coexistence with high standards of personal culture and with respect for the principle of fair play.
5. The Complex Users bear material liability for causing damage to or destroying any elements of the Complex.
6. Entering the Complex is tantamount to accepting the provisions of these Rules and Regulations!

7. Ignorance of these Rules and Regulations, in view of them being publically available, cannot be considered as a reason for Users to bring any claims against the Administrator.
8. During events organised on the premises of the Complex, the provisions of these Rules and Regulations as well as the Rules and Regulations of the Event Organiser shall apply.
9. To matters not governed by these Rules and Regulations, the decisions of the Complex Administrator shall apply.
10. The Administrator has the right to refuse to allow the use of the Complex without giving any reason thereof.

**Remember to adjust your speed to your own abilities and the conditions on the trail!  
Mountain biking poses a considerable injury risk! Use the trails carefully - so that no one gets hurt!**