



Guidelines for sMORE's Rides

Ground Rules:

- Rides must be OPEN to everyone (INCLUSIVE and FREE!)
- All riders (parents and children) MUST wear a helmet. No exceptions.
- Ride LEAD and SWEEP must be current MORE members. This is for liability insurance, and it is important! Exchange cell phone numbers so you can communicate during the ride.
- A MORE Liability Waiver MUST be signed by each participant, or by a parent/legal guardian if the participant is under age 18. The waiver can be signed through Golden Volunteer or Paper copies.

Golden Volunteer

- The waiver can be signed as part of the ride sign up on Golden Volunteer. Email to rides@more-mtb.org or golden@more-mtb.org for assistance with Golden.
- Check in participants using the Golden check-in kiosk to indicate they participated.

Paper Waivers

- A paper waiver can be signed by participants onsite. The waiver is available at: [https://cdn.shopify.com/s/files/1/0022/0269/7837/files/MORE_Release --
_Group Event Waiver v5 FINAL w cell emerg contact 2023.pdf?v=1677080002](https://cdn.shopify.com/s/files/1/0022/0269/7837/files/MORE_Release_-_Group_Event_Waiver_v5_FINAL_w_cell_emerg_contact_2023.pdf?v=1677080002)
 - Scan (or take photo) paper copies and send a copy of the waiver to rides@more-mtb.org after the ride. We retain copies for 3 years.
- There is no specific age range - you can be the judge of who can handle your ride(s).
 - A parent/guardian is required to ride with the child during the ride. The ride leader *may* waive this requirement provided the parent/guardian has provided consent and signed the waiver, but parent/guardian participation is strongly encouraged.

Safety:

- Safety is paramount during your ride. Please remind riders to always ride within their ability and in control. Take a head count to be sure everyone returns safely. Safety in numbers and adults should not be left alone with a single child that is not their own.
- The ride leader should carry basic first aid supplies and know how to use them. Immediately call 911 if there is an emergency or significant injury.
- If there are injuries or issues that you think MORE should be aware of reach out to president@more-mtb.org and executivedirector@more-mtb.org immediately after the ride.

Communication and Advertising the Ride:

- Rides should be posted on the MORE calendar: <https://more-mtb.org/pages/events>
- The sMORE's ride program should be included in sMORE's information on the MORE website: <https://more-mtb.org/pages/smores> Email info to executiveDirector@more-mtb.org for posting.
- **When advertising or speaking of your sMORE's program, please recognize MORE and MORE volunteers, and encourage MORE membership to the participants!**