



West Suffolk Wheelers

Riding in West Stow Country Park, WULF Cycle Skills and Training Area

Permission

Cycling in this area is only permitted for West Suffolk Wheelers Club Members, any sports club involved in organised activities agreed by West Suffolk Wheelers or being conducted by a member of West Suffolk Wheelers.

Disclaimer

- Use of the site is at your own risk. West Suffolk Wheelers, its members, West Stow Country Park and West Suffolk Council take no responsibility in respect of any injury, loss or damage suffered in or by reason of the area, however caused.
- You **do not** have permission to ride your cycle around the Lake, The Anglo-Saxon Village or land designated as a Site of Special Scientific Interest (SSSI) which are all on the west side of the park.
 - There may be other park users on the tracks and area. Slow down when passing pedestrians / animals and politely make them aware that you are there.
- If using the café within the park, please dismount and walk your cycle, there are signs to indicate this by the park.
- Use of offensive, racist, or sexist language to other club members or the public is strictly forbidden.
- Do not take toilet breaks in full view of the public. Toilet facilities are at the entrance to the park and at the café.

Health and Safety

- You are responsible for your safety; everyone must be responsible for their own safety, and, by their behaviour, ensure the safety of others.
 - A well-fitted cycling helmet must be worn at all times when cycling.
- You must rely on your own ability in dealing with all obstacles. There is an option to bypass all obstacles / technical sections.
 - Be aware that the tracks can be used in either direction, pass to the left.
- Due to its former use as a rubbish tip, there will be occasions where debris is brought to the surface as rabbits and moles are great miners. Inspections are carried out to minimise this, but it is not possible to eradicate.

Organised Events

- Register your name on the booking in form.
 - Participating riders under 18 years of age need parental consent. (a parental consent form is available on West Suffolk Wheelers Website)
 - Riders under 14 must also be accompanied by a parent or pre-arranged nominated adult.
 - Coached events - all participants (whatever age) must complete and sign a Rider Consent Form prior to the session(s).
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- **Abuse of the site may result in its use being withdrawn.**