



Sacramento Valley Conservancy's Mt. Bike Rules at Deer Creek Hills 2019

Guest Biking Rules

1. The Lead Docent is in charge of each ride and will select a Sweep Docent to his/her group.
2. Any Docent has the discretion to excuse any guest from the public outing/ride.
3. Helmets must be worn when riding the property
4. Sturdy, closed toed shoes must be worn. No flip flops or open toed sandals on the property
5. No "slick tires" allowed on ride. Knobby tires only.
6. Stay on existing trails.
7. Do not pick plants or flowers and leave resources as you find them.
8. Advise a docent if you start to feel weak or too warm.
9. No smoking allowed at any time when visiting Deer Creek Hills.
10. No dogs are allowed at Deer Creek Hills, unless qualified as a disabled person's aid.
11. Leave No Trace. *"Pack It In – Pack It Out"*
12. Carry a working cell phone. Call Sac Metro Fire at 916/228-3035 in case of emergency.
13. Guest riders cannot leave the group/outing without informing the Lead Docent and/or Sweep Docent. Guest riders will always be escorted by a Docent back to corral area.

Health and Safety

1. All visiting guests must sign a liability form for every visit to Deer Creek Hills.
2. Advise a docent if you have any serious health concerns. Docents need to be aware of existing serious health issues so appropriate actions can be taken, if an emergency arises.
3. Advise a Docent if you are allergic to bee stings and the location of where you keep your EpiPen.
4. Avoid cow pies. They can appear dry and still be very slippery.
5. Look out for snakes, especially near rocks or logs.
6. Drink adequate water to stay hydrated.
7. Bring high energy snacks to re-fuel.
8. Bio-breaks are to be taken at least 200 feet from any water source.
9. Avoid poison oak. Remember, *"Leaves of three, let it be."*
10. Check for ticks after visiting Deer Creek Hills.