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BIKINGCR · OUT IN THE OPEN CR S.R.L.

Safety Guidelines & Rider Responsibilities

At BikingCR, safety is a shared responsibility. Our rides are designed to be enjoyable, challenging and rewarding, but mountain biking involves inherent risks, particularly on gravel roads, uneven surfaces, rural trails and changing terrain.

Every participant is expected to arrive prepared, ride responsibly and follow the instructions of the BikingCR guide and support team. These guidelines help protect you, your fellow riders and everyone involved in the experience.

1. Mountain Biking Experience & Physical Fitness

Participants must have previous mountain biking experience and a level of physical fitness appropriate for the difficulty, distance, elevation gain and terrain of their chosen trip.

Our routes may include paved secondary roads, gravel roads, dirt tracks, uneven surfaces, hills, descents and changing trail conditions. Riders should be comfortable handling their mountain bike on mixed terrain, climbing and descending, braking safely and maintaining control in different riding conditions.

Before booking, please review the route description and difficulty level carefully. If you are unsure whether a trip is suitable for your experience or fitness, contact us before making a reservation.

2. Helmets & Protective Equipment

Wearing a properly fitted helmet is mandatory whenever you are riding. Participants must also use appropriate cycling clothing, footwear and any additional protective equipment recommended for the terrain and conditions.

We strongly recommend cycling gloves, padded shorts, sunglasses or protective eyewear, and knee and elbow protection where appropriate.

Riders are responsible for bringing suitable personal equipment and ensuring it is in good working condition. Our mechanic will check each BikingCR bicycle before the ride, but participants must also report any mechanical issue, discomfort or equipment concern immediately.

3. Following the Guide's Instructions

Participants must follow the instructions of the BikingCR guide and support team at all times, particularly regarding route selection, riding speed, regrouping points, road crossings, descents, traffic, weather conditions and emergency procedures.

The guide has the authority to adjust the pace, stop the group, modify the route or suspend a ride whenever necessary for safety reasons.

For everyone's protection, riders must never leave the group or continue along an alternative route without the guide's knowledge and approval.

4. Riding Within Your Personal Ability

Every participant is responsible for assessing their own physical condition, technical ability and comfort level throughout the ride.

Ride at a speed that allows you to remain in control, maintain a safe distance from other cyclists and approach descents, obstacles and unfamiliar terrain cautiously.

Do not attempt a section of trail or maneuver that exceeds your ability or comfort level. If you feel tired, unwell, uncomfortable or unable to continue safely, inform the guide immediately.

There is no expectation to compete, keep up with other riders or take unnecessary risks. Walking a difficult section is always preferable to attempting it unsafely.

5. Group Riding Etiquette

BikingCR rides are group experiences. Participants are expected to show consideration, patience and respect toward fellow cyclists, the guide, support staff, other road users and local communities.

Please:

- Maintain a safe distance from the rider ahead.
- Avoid sudden braking, unpredictable movements or overtaking without sufficient space.
- Communicate clearly when slowing down, stopping or approaching an obstacle.
- Follow the guide's instructions at intersections, crossings and regrouping points.
- Wait at designated regrouping points and never assume that the group knows your location.
- Respect pedestrians, vehicles, animals, private property and the natural environment.

Good communication and cooperation help make the experience safer and more enjoyable for everyone.

6. Unsafe Behavior & Removal from the Group

BikingCR reserves the right to stop a participant from riding or remove them from the group if their behavior creates a safety risk for themselves or others.

This may include, but is not limited to, ignoring the guide's instructions, reckless riding, riding under the influence of alcohol or drugs, repeatedly disregarding safety rules, or behaving aggressively or disrespectfully toward other participants or staff.

Where reasonably possible, the guide will explain the concern and give the participant an opportunity to correct their behavior. However, immediate action may be taken when a serious or imminent safety risk exists.

If a participant is removed from the ride for unsafe behavior or failure to follow safety instructions, they may be required to continue by support vehicle or make their own arrangements, depending on the circumstances. No refund will be provided for the unused portion of the trip or services as a result of removal for these reasons, subject to applicable law.

7. Weather Conditions & Route Changes

Costa Rica's weather can change quickly, particularly in mountainous and rural areas. Heavy rain, strong winds, lightning, landslides, swollen rivers, muddy trails or other unexpected conditions may make a planned cycling section unsafe.

The BikingCR guide and operations team may therefore modify the route, riding schedule, accommodation, activities or transportation arrangements when necessary. In some circumstances, a cycling section may be replaced by a support-vehicle transfer.

These decisions are made with the safety of the group as the priority. We will make reasonable efforts to preserve the overall experience and communicate any significant changes to participants.

Weather-related adjustments are part of traveling and riding in a natural environment. Any refund or compensation will be handled in accordance with our Booking Terms & Conditions and Deposits, Payments & Refund Policy, as well as applicable law.

Our Shared Commitment

By participating in a BikingCR trip, you agree to take personal responsibility for your riding decisions, use appropriate safety equipment, follow the guide's instructions and act with consideration toward the group.

Our goal is simple: to explore Costa Rica with confidence, respect and a shared commitment to getting everyone safely through the journey.

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