



INTERNAL RULES VELO CLUB LES GETS

IMPORTANT

Mountain biking, especially Downhill (DH) and Enduro, are high-risk sports involving real dangers (falls, injuries). By joining the club, each member fully acknowledges and accepts these risks.

REGISTRATION & LICENSE

Complete registration file + payment = validated membership.

No applications accepted after the start of training sessions (May).

FFC license is mandatory for the competition section.

☞ No license = no competition participation.

INSURANCE

Personal liability insurance mandatory, covering DH / Enduro MTB practice.

The club cannot be held responsible in case of an accident.

Additional FFC insurance is strongly recommended.

TRAINING ORGANIZATION

Info (schedule, riding spots...) via website + WhatsApp.

Attendance form to be completed at the beginning of the season.

Absence must be reported to the coach.

☞ Repeated absences or leaving without notice may lead to exclusion.

CLUB SPIRIT

The club is about volunteering and sharing 🤝

Participation required: events, refreshment stands, transport, AGM...

Minimum 1 event per family / season mandatory.

☞ Goal: keep the club running and maintain a great atmosphere.

EQUIPMENT & SAFETY

DH / Enduro suitable bike, well-maintained and in good condition.

Bike check before each session.

Mandatory protections: full-face helmet, back protector, gloves, elbow & knee pads, etc.

☞ Non-compliant equipment = no ride.

PHYSICAL CONDITION

Be fit and ready to ride.

Pre-season preparation is strongly recommended.

BEHAVIOR

Respect is mandatory towards: Coaches, volunteers, riders, other trail users, nature & environment, private properties.

☞ Ride clean, ride respectful, ride smart.

 **ON THE TRAILS**

Adapt speed and trail difficulty to your level.
No unnecessary risk-taking.

 **ZERO TOLERANCE**

Doping, alcohol, drugs.
 Immediate exclusion.

 **CLUB IMAGE**

Club jersey mandatory in competitions and training.
You represent the club → exemplary behavior required.

 **COMPETITION SECTION**

Competition option = commitment.
FFC license mandatory.
Riders must participate in at least 2 competitions per season.

 **IMAGE RIGHTS**

In accordance with applicable regulations, members (or legal guardians for minors) authorize the club to use and share photos/videos (website, social media, communication materials).

 **DISCIPLINE**

The club reserves the right to sanction any breach of these rules (warning, exclusion, etc.).

Insurance / License (checkbox)

- I certify on my honor that I or my child is covered by a civil liability insurance including the practice of "DH / Enduro" mountain biking. If necessary, I undertake to take out an FFC license.
Note: the FFC license is mandatory if I register for the competition section.

Image rights (checkbox)

- I authorise the Vélo Club Les Gets to use and distribute photos and videos representing me or my child on the club's website, social networks and any communication medium for the duration of my membership, in accordance with the regulations in force.

Done on

NAME

First Name

Signature (of the legal representative if a minor member) preceded by the words "read and approved"