Out & About AFRICA
The DMC to take you places...

Mountain Biking

As part of our commitment to advancing sustainable tourism, we encourage our tourism partners to improve their sustainability performance by providing them with the guidance below.

✓ Ensure applicable legal **permits & permission** to access the activity area are in place

✓ Ensure **insurance** is in place for participants and team

✓ Identify **health & safety** risks, implement management systems, and provide appropriate safety equipment, including repair kits and spare parts during the ride

✓ Ensure there are enough team members available in case of **emergency**

✓ Monitor activity **area conditions** (including weather) in advance & during the activity

✓ Be familiar with activity area and ensure that **navigation and communication** tools are in good working order

✓ Maximise local **economic benefits** through employment and purchasing

✓ Avoid single use & disposable items, pack out what you take in, pick up any **rubbish** found along the way

✓ Use **eco-friendly products**, e.g., for cleaning purposes

✓ Be **waterwise** and take pro-active measures to use water sparingly

✓ Minimise **energy** used in the activity as part of a climate action strategy

✓ Provide **information in advance** about your sustainability actions, activity accessibility, what to expect, and what to bring with

✓ **Screen participants** ahead of time to make sure that the activity is well suited to their fitness & level of ability

✓ **Plan activities** on approved tracks only, avoid sensitive habitat, and tracks that just received high rainfall (to prevent erosion)

✓ Manage **group size** to minimise impacts on people & the planet, and ensure safe guide : participant ratio

✓ Obtain written confirmation, e.g., via **indemnity**, that participants are aware of activity risks

✓ **Brief participants** before the activity starts about do's and don'ts, safety, what to expect, logistical considerations, conduct (including low impact operation of bicycles), hazards to be aware of, group pace and communication, not disturbing / removing flora and fauna, rubbish collection and disposal, 'bush toilet' etiquette, and rules regarding alcohol and fires

✓ Share **information** about local nature & culture, as well as social development / conservation projects that participants may want to support

✓ In sensitive environments, clean footwear and bicycles before and after activity to prevent spread of **invasive species**

✓ Show **respect** for the land, waterways, wildlife, and other users in the activity area

✓ Cross **watercourses** at designated spots, reduce speed, and cross at 90° to banks on entry/exit

✓ Stay on **designated route** and apply least impact principles where no trail exists

✓ Repair and compensate for any **damage** caused to the activity area

✓ Participate in conserving activity area **integrity**; notify authorities of concerns and participate in rehabilitation projects

SUSTOUR

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