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# VERY IMPORTANT INFORMATION

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## FAT BIKE

### SAFETY FIRST

Fatbike, as mountain biking, is practiced in nature. It is therefore necessary to be aware of any eventuality, especially as the climate is changing and much more rigorous in winter than in summer. Consider the following tips to consider when you plan a ride:

### WEATHER

It is recommended to carry with you at all times extra clothing (warm socks, gloves or mittens, hat and additional jacket). In case of bad weather, accident or even a flat tire, you may have to remain in same place for a long time while waiting for rescue.

### FOOD

Keep with you at all times water, snacks or any other source of energy. Choose a light meal, because digestion burns energy and you may colder than before the meal. Fat is an excellent energy source when consumed in small regular doses (dried sausage, for example).

### ITINERARY

Plan your route as much as possible in advance, and report to someone you know. In case of a structured center (with docking station), you can leave your information to a welcome point (don't forget to notify staff when you leave the center).

### ICE

If you are riding on ice, remember that it may break according to the weather, and water current under ice. The Société de sauvetage website's is full of information on ice and hypothermia.

Vélo Québec wishes to participate in the democratization of mountain biking, and Fatbike is part of the answer. We believe that good planning, along with a clear communication plan for all users can prevent many potential conflicts. Fatbike is fairly new, so its technique evolve day by day.

Just as summer mountain biking represents an interesting avenue for ski resorts struggling with weather changes by allowing them to operate on an annual basis, Fatbike represents an interesting avenue for ski resorts dealing with weather fluctuations. The important thing is not to deprive any of the existing customers of their rights in the development of the activity.