

Squamish Bike Camp Program - FAQ Sheet

2022 Squamish Bike Camps are here!

Please take a moment to review these frequently asked questions. If you have any additional questions, please feel free to contact us at 604.898.6895 or email bikecamps@squamish.ca and we will respond to your inquiry as soon as possible.

Coaches will have safety protocols in place for check-in, lunch, washroom utilization and staff training.

1. My child is learning to ride a bike – is this program for them?

- This is **NOT a learn-to-ride program** – children must know how to ride a bike as they will be learning to ride off road (rocks, roots, gravel, loose terrain, etc.)

2. My child is an advanced rider – is this program appropriate for them? – it depends, while we do separate kids into smaller groups based on their ability/experience, it's the group's *overall ability* that we adhere to. Please speak to a Coordinator if you are unsure.

3. Age Groups:

- **Can my 6-year-old who is turning 7 this fall attend the Mountain Bike Camp?**

Unfortunately, no. We cannot make any exceptions to the age requirements of this program. Children must be at least 7 years of age by the start of the camp.

Why? These mountain bike camps are designed for a specific age range and ability. We will be offering additional programs in the fall and spring, and we look forward to welcoming children once they are 7 years old.

- **Can my 10-year-old go in a camp for 7 to 9-year-olds?**

i. Unfortunately, no. We cannot make any exceptions to the age requirements of this program.

ii. Why? The mountain bike camps are designed for a specific age range and ability. Your child will meet new friends and learn age-appropriate skills in the appropriate age camp.

4. Drop Off and Pick Up

- Day 1 - Please drop your child off early on the first day of camp in order to make sure all required forms and waivers are filled out correctly.

- All required forms must be brought on Day 1. An Informed Consent form will be required and must signed and witnessed by a staff/coach.

5. Late Pick-Up Fee

- After School Rides participants must be picked up by 6:15 p.m. and campers must be picked up by 3 p.m. daily. There will be a late charge of \$5 for the first 15 minutes after the end each camp or After School Ride. After the first 15 minutes, a late charge of \$1 per minute will be applied

6. If my child becomes sick mid-week will I get a refund?

- If your child is sick at any time during the program please keep them at home and we will provide you with a pro-rated refund.
- If your child is sick, please notify us by calling or emailing our Program Coordinator at 604.848.6896 or kvanloo@squamish.ca.

7. What do I do if I need to make arrangements to pick up my child unexpectedly?

- If you need to make arrangements to pick up your child unexpectedly, you can call our Program Coordinator at 604.898.6896 or Customer Service at 604.898.3604.

8. Do you have any subsidies for families affected by COVID or on Income Assistance?

Yes. Squamish Residents who require financial assistance to participate in recreation programs will download a Recreation Access application form <https://squamish.ca/rec/forms-and-resources/>

Once completed, applications will be reviewed by a third party with approval by the Director of Recreations Services.

Please visit our section of the website for further details of the program.

<https://squamish.ca/rec/forms-and-resources/>

9. Typical Day at Squamish Youth Mountain Bike Program/Camp

- Arrival
- Skills & Drills session
- Snack
- Ride
- Lunch & non-riding activity
- Ride/skills/learning (wildlife safety, BMX, etc.)

10. Please ensure we have a current contact email address on hand, as we will be emailing you an itinerary and information. Read parent hand-book

11. No daily drop ins – why not?

- Our camps are skill progressive. Riders learn certain skills at the beginning of the week, and build on them throughout the week.

12. Food – what do I send with my child?

- Healthy peanut and nut-free lunches and snacks that they can open independently, (enough to have morning snack, lunch and afternoon snack). The days are long with tons of riding to be had. The children will be working hard and burning energy. They will need lots of fuel to keep them going all day long!
- Plenty of water in an easily accessible water bottle or hydration pack.

13. What should my child wear and pack?

- Closed toe runners, skate shoes or bike shoes
- Bike helmet (**no full face helmets** – no exceptions)
 - i. Helmets must be worn at all times on the bike (climbing and descending),
- Shorts, bike jersey or breathable t-shirt (no cotton), long sleeve, light jacket if it is raining – *‘Rain or shine, we ride all the time!’*
- Hydration pack that has room to carry tools, tube, food and extra clothing

14. What about my child’s bike?

- Your child’s bike must be of the appropriate size for them
- Bikes must have front and rear brakes (no coaster brakes)
- Bikes must have gears
- Bikes must have air in the tires and be fully functional

15. Will there be more information sent to me?

- Yes. A Parent Handbook will be sent to you by email one week before camp. Please be sure we have your up-to-date email address.

16. Who will the instructors be?

- Our instructors will be Recreation Services staff – trained with their first aid and Professional Mountain Bike Instructor Certification.

Other Useful Information:

- **Waivers**
 - Medical and Informed Consent Forms – Forms will be emailed out along with the Parent Information email on Friday prior to the camp. Please print, fill out and sign. Bring with you on the first day of camp

How do I register?

- **Registration is available online or in person**
 - You will need to have an account **prior** registration day
 - Inquiries/ questions should be directed to 604-898-3604 and bikecamps@squamish.ca