

# SQUAMISH Bike Camps

## Rider/Parent Handbook

*Get outside, ride your bike, have fun!*



Brought to you by Squamish Recreation Services in association with SORCA - Squamish Off-Road Cycling Association



---

## Drop Off and Pick Up

- **This program does not take place at Brennan Park Recreation Centre. Participants will be asked to meet our coaches at a specified location to be communicated via email. Ensure that we have your-up-to-date email address on file by contacting customer service at 604.898.3604.**
- **IMPORTANT:** This program requires the participant's legal guardian to sign an informed consent form. Please bring this with you and sign in front of Recreation Services staff on the first day. You will also be required to sign a **COVID-19 Assumption of Risk & Permission Form** (if applicable, both guardians must sign) and fill out a medical form. All forms including this handbook will be sent to you via email prior to the camp. **PLEASE ENSURE YOU CAREFULLY READ AND UNDERSTAND THESE DOCUMENTS AHEAD OF TIME.** For more information and to locate forms visit [squamish.ca/bikecamps](https://squamish.ca/bikecamps).
- Please check in with the coaches each day and sign your child(ren) in and out each day. If your child is going to be absent, please let our staff know (604.898.3604).
- Written consent is needed if your child is leaving on their own or being picked up by an alternate person.
- Please pick up your child ON TIME; late fee penalties may be applied.

## Contact Information

If there are any questions during camp, please contact Customer Service at Brennan Park [604.898.3604](tel:604.898.3604) or email [bikecamps@squamish.ca](mailto:bikecamps@squamish.ca).

Registration, cancellation, and payments queries should be directed to [604.898.3604](tel:604.898.3604).

## Withdrawal policy

Withdrawal must happen by end of day, five days prior to the first day of camp in order to be eligible for a refund/credit.

## What to Expect on the First Day

The first day of programs are busy, with many parents and children arriving at once. Please arrive **ON TIME**, and ensure you've completed the necessary paperwork in advance. First day attendance is **MANDATORY** to ensure that our coaches group riders appropriately.

## Skills and Drills

At the start of the program, our coaches will begin with a 'skills and drills' session where they will learn/review the basics as a group including: riding position, balance, bike handling, front and rear braking, gears and cornering. After the 'skills and drills' session, riders will be divided into groups according to their ability level, biking experience, and age. Trails will be selected based on the groups' general riding ability to ensure each child is developing their skills and having fun.

While some parents may like to accompany their kids on rides, we would appreciate if parents could give their child(ren) an extra big hug upon dropping them off, take a quick photo, and depart trusting that they will be in good hands with our coaches! We encourage independence!

## Equipment

All camp participants require the following **MANDATORY** gear every day:

- Properly fitted mountain bike - please ensure your child's bike is the correct size
- Fully functioning bike (lubed chain, working brakes, air in the tires, seat adjusted to proper height)
- CSA approved helmet (no full-face helmets), and fitted properly
- Handbrakes **ONLY** (front and back); no pedal brakes allowed, for safety
- Gears are mandatory
- No kick stands
- Backpack or hydration-pack that must fit **ALL** gear (riders are required to carry **ALL** of their own gear).
- If your child does not have a hydration pack, they will need a water bottle. They need enough water for a full day.
- Small bottle of sunscreen (a small bottle of bug spray can also be handy).
- Lightweight rain jacket and extra clothing as weather requires.
- Packed nutritious lunch and snacks (no lunch money please).

Our coaches will be supplied with general maintenance tools and can offer basic mechanical support. If a major mechanical occurs with your child's bike, you will be called to discuss options.

**IMPORTANT:** Please ensure your child's bike is in working order prior to camp in order to avoid contact/unnecessary handling of personal property. We recommend sanitizing your child's bike and equipment daily.

## Water, Food, and Clothing

Each day, please send your child with a hydration pack full of water, snacks and a lunch (for full day camps only). Lunch breaks will be taken trail side. Please pack your child's lunch accordingly (no amenities available). Please pack nut-free/peanut-free food. Good snacks are granola bars, sesame snaps, raisins, fruit, etc. Please send your child on a full stomach and well hydrated as they will be working hard and using lots of energy. Coaches will be reminding children to sip water and will provide lots of stops for snacks. Please check the weather each day to determine how to dress. Please pack wisely, as your child will be carrying all of their own gear.

## Water, Food, and Clothing

Please send the following with your child each day:

- Hydration pack full of water OR a backpack AND a water bottle.
- Snacks.
- Lunch (for full day camps only). Lunch breaks will be taken trail side. Please pack your child's lunch accordingly (no amenities available). Please pack nut free/peanut free food.
- When packing our child food and water, please keep in mind that they will be working hard and using lots of energy! Coaches will remind children to sip water and will provide lots of nutrition breaks.
- Appropriate clothing. Please check the weather each day to determine how your child should dress.

## Safety

Coaching staff are certified with Standard First Aid, and will have first aid kits, cell phones and radios with them at all times. While they will be able to handle minor scrapes and bruises\*, in the unlikely event that there is a more serious injury, 911 will be called and your child will be transported to the Hospital. In the event of an injury, you will be notified of any first aid provided to your child. Though our staff are first aid certified, we always recommend that you follow up with a medical professional.

**Coaches will be equipped with Personal Protective Equipment in the event of minor/major first aid incidences.**

CSA approved helmets are required and will be worn at all times when riding their bike (no full-face helmets). Elbow and knee pads are not required but are recommended (be aware that they are sometimes difficult for young people to travel with if they are not wearing them).

Please ensure your child has proper footwear (no sandals, flip flops, slip on shoes, etc.)

At times it may be required that your child will be riding the roads to access the trails. All Squamish Bike Camp riders will obey the rules of the road. Access to the trails and parks will be mostly via the Corridor Trail network.

**Please do not send your child to the program or camp, if they are sick or are demonstrating any signs or symptoms of COVID-19.**

## Program Expectations

**We follow the 3 R's rule: 1. Respect yourself | 2. Respect others | 3. Respect the trail**

Recreation Services has employed great coaches who will be working very hard to ensure your child has a great experience. Your child will be expected to follow the coach's directions and if your child is putting themselves or others in danger, or exhibiting serious behavioral issues, you will be called to come and pick them up. **Please discuss this policy with your child(ren) prior to camp!**

## Daily Itinerary

The coaches will start each day with a warm up and a bike safety check. Our camps incorporate education, skill development, and knowledge in the areas of basic maintenance and mechanics, trail building, trail etiquette, conservation, and stewardship.

The components of the program include:

### 1 Skills and Drills

Skills and drills are the foundation of our program. In a safe environment, our qualified coaches will develop the participants' ability in: balance, cornering, front wheel lifts and a number of other skills necessary for navigating off-road features.

### 2 Trail Exploration

All participants get plenty of opportunities to put their newly honed skills into practice in Squamish's incredible network of trails. Riders will use trails specific to their level of riding/ability.

### 3 Trail Etiquette

Participants will be introduced to trail etiquette during their camp or program and will learn how to use the trails responsibly.

Where suitable, groups may be given the opportunity to meet the SORCA/IMBA Trail Crew and learn basic trail maintenance skills first-hand.

***We look forward to riding with your child at camp!***

## Bike Camps Checklist

- First Day** – attendance is mandatory
- Tires** – properly inflated
- Brakes** – hand brakes only, no pedal brakes (for safety)
- Gears** – absolutely required, functioning and child trained to operate
- Helmet** – CSA approved (no full face helmets)
- Athletic Footwear** – no sandals, flip flops, slip-on shoes, etc.
- Lunch and Snacks** – in child's backpack/hydration pack
- Backpack/Hydration Pack** – containing water, snacks, sun screen, bug spray, lightweight rain jacket & extra clothing (weather can change suddenly)
- On Time** – Pick up/drop-off your child on-time. Late fee penalties may be applied.
- Good Behavior** – follow coach's directions, ride safe
- Healthy** – please ensure your child has the energy to attend camp. If they are ill or have any COVID-19 symptoms, they must stay home.
- Medical History Information Form** – Filled out and brought to Day 1.
- Informed Consent** – Read and understood and brought to Day 1 to sign, in person in front of a staff member
- COVID-19 Informed Consent Form** – Filled out, signed by both guardians (if applicable), and brought to Day 1.