

# SQUAMISH Bike Camps

## Rider/Parent Handbook

**Get outside, ride your bike, have fun! Through quality coaching and instruction, with a focus on safety and fun, riders will develop their skills, confidence and love of the sport.**

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



Please review the following document so you and your child are prepared for camp.



### Drop Off and Pick Up

Please check in with the coaches each day to sign your child(ren) in and out of the program. 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.

Day One will begin at Brennan Park Recreation Centre. On subsequent program days, drop-off and pick-up locations may vary. If alternative locations are chosen, you will be notified the day before via email. Please ensure we have your up-to-date email address on file when you register with us. When possible, the recreation program van will be used to shuttle kids and their bikes to riding areas.

Please arrange for your child to be picked up **ON TIME!** Late fee penalties may otherwise be applied to your account.



### The First Day

First day attendance is mandatory to ensure that our coaches group riders appropriately. The first day of camp is always busy with lot of parents, children and coaches on site. Please arrive **15 minutes early** to ensure your child(ren) is/are ready to ride.

**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 a Recreation Services staff on the first day. You will also be required to fill out a medical form. PLEASE ENSURE YOU CAREFULLY READ AND UNDERSTAND THESE DOCUMENTS AHEAD OF TIME. Also please ensure we have your up-to-date email address on file. For more information and to locate forms and resources, visit [www.squamish.ca/bikecamps](http://www.squamish.ca/bikecamps).*

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



## Equipment

All camp participants require the following MANDATORY gear every day:

- Proper fitting mountain bike - ensure your child's bike is the correct size.
- Ensure your child's bike is fully functioning (lubed chain, working brakes, air in the tires, seat adjusted to proper height).
- CSA approved helmet (no full face helmets), ensure proper fit.
- Handbrakes ONLY (front and back). No pedal brakes allowed (for safety).
- Gears mandatory.
- Please remove kick stands.
- Backpack style hydration system filled with water (riders are required to carry ALL of their own gear).
- Small bottle of sunscreen (a small bottle of bug spray can also be handy).
- Lightweight rain jacket.
- Packed nutritious lunch and snacks (no amenities available).

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.



## 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/snack breaks will be taken trail side, so please pack accordingly! We kindly request that you pack **nut-free/peanut-free** food. Good snack options 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; it is imperative that there is a light rain jacket inside their hydration back pack. Please pack wisely as your child will be carrying all of their own gear.



## Safety

Coaching staff are certified with Standard First Aid and will have suitable first aid kits and cell phones. 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.

CSA approved helmets are required and will be worn all day.

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).

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 if they are sick.



## Behaviour Issues

**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 hard to ensure your child has a great experience. They will do their best to keep your child engaged, learning and having fun. However you may be contacted if there are any serious behavioral issues, including an unwillingness or inability to ride with the group, follow the coaches directions or act in a way that puts themselves or others in danger.

In this event, you will be expected to promptly arrange a pick-up for your child.

**Please discuss this policy with your child(ren) prior to camp!**

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## Daily Itinerary

The coaches will begin with a warm up and 'skills and drills' session where they will learn/review the basics including: riding position, balance, bike handling, front and rear braking, gears and cornering. After the 'skills and drills' session the children will be divided into groups according to their ability levels, 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.

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 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 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.

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## Contact Information

Please contact customer service at **604.898.3604** for questions regarding registration, cancellation, payment requirements, etc.

### Withdrawal policy

CAMPS: A full refund will be issued when a registrant withdraws five calendar days *prior* to the start date of camp.

PROGRAMS: A full refund will be issued when a registrant withdraws at least three calendar days *prior* to the start of the first class.



## SQUAMISH Bike Camps Checklist

- First Day** – attendance is mandatory.
- Tires** – properly inflated.
- Hand Brakes** – no pedal brakes permitted (for safety).
- Gears** – required, must be functional and child trained to operate.
- Helmet** – CSA approved (no full face helmets).
- Athletic Footwear** – no sandals, flip flops, ballet flats, etc.
- Bagged Lunch** – to be packed with child each day.
- Day/Hydration Pack** – containing water, snacks, sun screen, bug spray, lightweight rain jacket & extra clothing (weather can change suddenly)
- On Time** – Drop off ON TIME (late fee penalties will be applied). For Day One, please arrive 15 minutes early.
- Good Behavior** – Respect yourself, others and the trail. Ride safely.
- Healthy** – please ensure your child has the energy to attend camp. If they are ill, please have them stay home.
- Medical Form** – Filled out and brought to Day One.
- Informed Consent** – Read and understood and brought to Day One to sign, in person in front of a Recreation Services staff member or coach.

*We look forward to seeing you and your child at camp!*