

# 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 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

Coaches will meet riders at Brennan Park behind the pool, by the big tree (grassy area next to parking lot) each morning at 9 a.m. 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.

Day 1 will ALWAYS start at Brennan Park. On other program days, drop off and pick up locations may vary. This will depend on the ability levels of the riders. 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.

Pick up is **NO LATER THAN 3 p.m.** Late fee penalties will be applied after 3 p.m. Please respect the coaches and arrange for your child to be picked up on time.



### The First Day

The first morning of camp is always busy, there are a lot of parents, children and coaches on site on the first day. Please arrive by 8:45 a.m. to ensure your child(ren) is ready to ride at 9 a.m. First day attendance is mandatory to ensure that our coaches group riders appropriately.

**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 Rec Services staff on the first day. You will also be required to fill out a medical form. All forms including this Parent Information Pack will be sent to you via email prior to the camp. PLEASE ENSURE YOU CAREFULLY READ AND UNDERSTAND THESE DOCUMENTS AHEAD OF TIME. Please ensure we have your up-to-date email address on file. For more information and to locate forms visit [www.squamish.ca/bikecamps](http://www.squamish.ca/bikecamps).*

At 9 a.m. the 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, 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.



## 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 lunch money).

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.

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## 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; 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.

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## 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**

Rec Services has employed great coaches who will be working very hard to ensure your child has a great experience. They will do their best to keep your child engaged, learning and having lots of fun but if there are any serious behaviour issues, the coaches will call your contact number and expect you to come pick them up if they can't get through the day. They will be expected to follow the coach's directions and if your son or daughter is putting themselves or others in danger, you will be called to pick them up.

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

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## Daily Itinerary

The coaches will start each day with a warm up at 9 a.m. Our camps incorporate education, skill development, and knowledge in the areas of basic maintenance and mechanics, trail building, trail etiquette, conservation, and stewardship.

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!

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, they 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

If there are any questions during camp, please contact front desk at **Brennan Park 604.898.3604**.

Registration, cancellation, and payments queries should be directed to **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.

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



## SORCA 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, ballet flats, etc.
- Bagged Lunch** – to be packed with child each morning
- Day/Hydration Pack** – containing water, snacks, sun screen, bug spray, lightweight rain jacket & extra clothing (weather can change suddenly)
- On Time** – Drop-off by 9 a.m. and pick-up by 3 p.m. SHARP!  
(Late fee penalties will be applied). First day starts at 8:45 a.m.
- Good Behavior** – follow coach’s directions, play safe
- 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 1.
- Informed Consent** – Read and understood and brought to Day 1 to sign,  
in person in front of coaches.