



SORCA Bike Camps Parent Information Pack

Recreation Services is stoked to partner with the Squamish Off-Road Cycling Association to offer the SORCA Bike Camps, a community supported and driven initiative that aims to inspire our Squamish youth to ride! Through quality coaching and instruction, with a focus on safety and fun, riders will develop their skills, confidence, and love of the sport.

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



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) promptly at the program start time. We hope that you will ride with your children to the program/camp but if you have to drive there is parking available. 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.

On some 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 ahead of time so that arrangements can be made. Please ensure we have your up to date email address when you register as this is how we will be communicating with you. When possible, the program van will be used to shuttle kids and their bikes to riding areas.

Please respect the coaches and pick up your child **ON TIME**. Late fee penalties will be applied. Please ensure that ALL of your child's belongings are picked up.



The First Day

The first day of a program or camp is always busy, there are a lot of parents, children and coaches on site. Please arrive 15 minutes before the start time of your program/camp on the first day to ensure that your child is ready to ride on time. For camps, first day attendance is mandatory.

IMPORTANT: Please ensure that Medical and Informed Consent Forms are completed on or before day one. If your forms are incomplete, your child cannot participate. Please read the Informed Consent and ensure you understand it. Please bring it with you when you drop off your child. We request that you sign the form in front of staff who will witness for you. Written consent is needed if your child is leaving on their own or being picked up by an alternate person. You can find the forms online here: <https://squamish.ca/recreation/recreation-programs-activities-and-facilities/forms-and-resources/>

At the start of the program or camp the coaches will take all the children over to the 'skills and drills' area where they will learn/review the basics as a large group: 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 program/camp participants require the following MANDATORY gear every day:

- Ensure you child's bike is the correct size and 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 - helmets will be worn for the duration of the program or camp.
- Handbrakes ONLY (front and back).
- Gears required.
- No kick stands.
- Backpack style hydration system filled with water (this is especially important).
- Small bottle of sunscreen (a small bottle of bug spray can also be handy).
- Lightweight rain jacket.
- For full day camps, pack a nutritious lunch and snacks (no lunch money). For half day or 2.5 hour program, pack snacks.

Please ensure your child's bike is running properly.

All bikes are required to have both front and back hand brakes AND gears.

NO PEDAL BRAKES ALLOWED.

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

Please send your child every day 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.



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 and you will be notified. Please ensure we have your current contact information. 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.

Suitable CSA approved helmets are required and will be worn throughout the 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 SORCA 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

If two out of three of these rules are broken in a given camp, a conference with the parents will need to take place with the coach and a parent.

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 may call you to discuss. If your child is unable to follow the direction of the coaches, or if they are putting themselves or others at risk, you may be called to come and pick them up before the end of the day.

Please discuss this policy with your child(ren) prior to the program or camp!



Daily Itinerary

The coaches will start each day with a warm up. 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!

SORCA Bike Camps incorporate education, skill development, and knowledge in the areas of basic bike maintenance and mechanics, trail building, trail etiquette, conservation, and stewardship. Local mountain bike trails, the SORCA skills park, and the BMX track are where we ride!

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 program or 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.



Contact Information

If there are any questions during the program or 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

CAMPS: A full refund will be issued when a registrant withdraws 5 calendar days prior to the start date of camp.

PROGRAMS: A full refund will be issued when a registrant withdraws at least 3 calendar days prior to the start of the first class.

We look forward to seeing you and riding with your child!



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.
- ☐ **Food** – to be packed with child.
Programs: pack snacks | Full Day Camps: pack snacks and lunch.
- ☐ **Day/Hydration Pack** – containing water, snacks and/or lunch, sun screen, bug spray, lightweight rain jacket & extra clothing (weather can change suddenly)
- ☐ **On Time** – Drop-off and pick-up times are not flexible.
(Late fee penalties will be applied). First day starts 15 minutes early.
- ☐ **Good Behavior** – follow coach's directions, play safe
- ☐ **Healthy** – please ensure your child has the energy to attend the program or 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.