



Youth Dirt Camps 2018

Parent Information Pack

The focus of WORCA Youth Dirt Camps is safety, fun and skill development (in that order!). Your son or daughter will be encouraged to develop in all three of these areas. Please review the following document so you and your child are prepared for camp.



Drop Off and Pick Up

WORCA Dirt Camps will meet at Spruce Grove each morning at **9am**. We hope you will ride your children to the camps but if you have to drive there is parking available.

Please check in with the coaches each day. If you are not going to send your son or daughter, please call the Dirt Camp Manager at 604-698-6994 to inform her of the absence. **The groups leave Spruce Grove by 9:15am.**

Pick up will also be at Spruce Grove **NO LATER THAN 3pm.**

Please respect the coaches and arrange for your son or daughter to be picked up in a timely manner.

Please ensure that ALL of your child's belongings are picked up each day.



The First Day

The first morning of camp is always busy, there are lots of parents, kids and coaches on site on the first day. Please arrive early to ensure your child(ren) is ready to ride at 9am.

IMPORTANT: Please ensure that accurate medical concerns, emergency contact information and authorised pick up persons are verified with staff at drop-off on the first day of camp.

At 9am 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. Group and friend requests are accommodated as much as possible where the children are of the same level. It is important that the participants in each group are of the same riding ability so that the group or individuals are not held back and can each get the most out of the camp.

Equipment

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

- Proper size bike (bike check/tune-up completed and **HAND** brakes only)
- Helmet
- Knee Pads (not mandatory, but recommended)
- Backpack style hydration system (this is especially important)
- Sunscreen (bug spray is also handy)
- Lightweight rain jacket
- Packed nutritious lunch and snacks (no lunch money)

Your son or daughter's bike should arrive at the camp having had a minor tune up so that it is running properly. All bikes are required to have both front and back hand breaks.

NO PEDAL BRAKES ALLOWED.

WORCA will have some general maintenance stuff (chain oil, basic tools) and can look over your son or daughters bike from time to time but if the bike requires anything major, the WORCA coaches will employ the Bike Co. to fix it at **YOUR COST**. If the shop is busy, this could risk your son or daughter not participating for the day so please make sure the bikes are ready!



Water, Food and Clothing

Please send your son or daughter each day with a Camelback/hydration bottle full of water and snacks. A separate lunch bag can be prepared and left at Spruce Grove (at the sign in location).

Please **DO NOT** send your son or daughter with food money as the coaches will have difficulty accommodating food needs. Camps may not break for lunch near the village.

Please pack a nut-free lunch. Good snacks are granola bars, sesame snaps, raisins, fruit, etc.

Please send your son/daughter each day on a full stomach and well hydrated as it will be a long day. Also, please have small bottles of sunscreen and bug spray in the Camelback/back pack.

Coaches will be reminding youth to sip water throughout the day 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 Camelback/back pack.



Safety

WORCA coaching teams have 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 son or daughter will be transported to the Medical Clinic.

Suitable 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 require your son or daughter be riding the roads to access the trail (i.e. older groups accessing Stonebridge, Kadenwood). All WORCA riders will obey the rules of the road. Access to the trails and parks will be mostly via the Valley Trail network.

Please do not send your son or daughter if she/he is sick.



Behaviour Issues

WORCA has employed great coaches who, will be working very hard to contain 5 youth. They will do their best to keep your son or daughter occupied, entertained and learning 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 coaches' 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!



Daily Itinerary

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!

The better part of the days will be spent between Lost Lake trails and park, Emerald Forest, Meadow Park (Water Park), and the Skills Park. Lunches will generally be held at Spruce Grove for the "Child" camp and will be eaten out on the trail for the "Youth/Teen" camps.

The components of our camps are:

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 on Whistler's incredible network of trails. Beginners will use trails specific to their level of riding, examples are: Bear Trail, Tin Pants, Molly Hogan, Gee I like your pants, Son of Mr Green Jeans, Disco boys & much of the crushed gravel double track within Lost Lake.

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 WORCA Trail Crew and learn basic trail maintenance skills first-hand.

WORCA Youth Dirt Camp coaches are PMBI Level 1 certified ([Professional Mountain Bike Instructors](#)), certified by Whistler's very own ZEPtechniques.



Contact Details

If there are any questions during camp, please contact the Camp Manager at camps@worca.com, the camp cell phone number will be sent by email prior to the camp start.

Registration, cancellation, membership and payments queries should also be directed to camps@worca.com.

We look forward to seeing you and your son/daughter at camp!



WORCA Dirt Camp Checklist

- First Day** – attendance is mandatory or you will need to transfer to another camp
- Tires** – properly inflated
- Brakes** – hand brakes only, no pedal brakes
- Gears** – absolutely required, functioning and child trained to operate
- Helmet** – no full face (too hot), ensure proper fit
- Athletic Footwear** – no sandals, flip flops, ballet flats, etc.
- Bagged Lunch** – to be dropped off 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 9am and pick-up by 3pm SHARP!
- Good Behavior** – follow coach's directions, play safe
- Healthy** – please ensure your child is in good health, biking all day is strenuous