



Fall After School Camp 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 Myrtle Philip at **3:30pm**.

Please check in with the coaches each day. If you are not going to send your son or daughter, please email the Dirt Camp Manager at camps@worca.com.

Pick up will also be at Myrtle Philip at **5:30pm**.

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



The First Day

The first afternoon of camp is always busy. Please arrive 15 minutes early on the first day of camp to ensure your child(ren) is ready to ride at 3:30pm

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

At 3:30pm 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, etc.



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)
- Lightweight rain jacket or warm layer depending on the temperature
- Packed nutritious snacks

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 brakes.

NO PEDAL BRAKES ALLOWED.



Water, Food and Clothing

Please send your son or daughter each day with a Camelback/hydration bottle full of water and snacks.

Coaches will be reminding youth to sip water throughout the session and will provide adequate time for a snack break. Please check the weather each day to determine how to dress; we are coming into fall so it could be quite cool with chances of rain so a packable rain jacket or warm layer is ideal.



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 session.

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 the camp may require your son or daughter be riding the roads to access a 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!



Program 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 session will be spent between Lost Lake trails and park, Emerald Forest, the surrounding trail network.

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 camp and taught 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, or at 604 – 698 – 6994.

Registration, cancellation, membership and payments queries should also be directed to the above email address.

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



WORCA Dirt Camp Checklist

- First Day** – attendance is mandatory. If your child cannot attend the first session please contact the dirt camp manager at camps@worca.com
- 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.
- Snacks** – in riding pack
- Day/Hydration Pack** – containing water, snacks, Lightweight rain jacket & extra clothing (weather can change suddenly)
- On Time** – Drop-off by 3:30pm and pick-up by 5:30pm
- Good Behavior** – follow coach's directions, play safe
- Healthy** – please ensure your child is in good health