



Youth Dirt Camps 2019 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.



What To Expect On The First Day of Camp

The first morning of camp is always busy as there are lots of parents, kids and coaches on site. Please arrive 15 minutes early to ensure your child(ren) is ready to ride at 9am.

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 9am the coaches will take all the children over to the backfield where they will learn how to do a bike safety check. After that they will proceed to do a warm up, this includes going through basic bike skills such as riding position, balance, bike handling, front and rear braking, gearing, cornering, etc.

Once they are all warmed up, the children will be divided into groups according to their ability levels / biking experience and will set out for the trails. The coach's and organizers main priority for the camp is to promote a **safe and fun environment** for the kids to develop and grow their bike skill. So with this in mind, group and friend requests are considered as much as possible, but ultimately will be decided by the coaches.





How to Prepare

Please set your child up for success! We want your son or daughter's week at camp to be the best it can be. Help us do this by sending your child to camp well rested, hydrated and nutritiously fed.

Mandatory Equipment Needed for Camp

- Proper size bike (bike check/tune-up completed and **HAND** brakes only)
- Helmet
- Knee Pads (not mandatory for the child camps, but highly recommended)
- Backpack style hydration system (this is especially important)
- Lightweight/packable rain jacket
- Packed nutritious lunch and snacks (no lunch money) ***Please note that participants in the Youth/Teen camps need to have packed lunches that fit in their riding bags. Lunches will be eaten out on the trails and not back at the Red Roof Building*
- Ball Cap (these style hats can easily be clipped to their bag)
- Travel Size Sunscreen

Optional Items to Pack

- Swim Suit
- Pack Towel
- Bug Spray
- Change of clothes (weather dependent)
- Hydration Tabs

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**.

WORCA will have some general maintenance stuff on hand (chain oil, basic tools) and can look over your son or daughter's 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 bike is ready!



Water, Food and Clothing

Please send your son or daughter each day with a full hydration bladder (preferred) and or bottle of water. Multiple snacks are recommended and should be packed in your child's riding bag. For the **Child** camps a separate lunch bag can be prepared and left at Spruce Grove (at the sign in location). For the **Youth/Teen** camps lunches should be packed in your child's riding bag. **Please keep in mind that your son or daughter is expending a lot of energy and will more than likely need more food than a regular day at school.**

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 for the first day of camp. The coaches will advise for the rest of the week if lunches need to be nut free. Some good nut-free snacks are nut free granola bars, sesame snaps, cheese (like babybels or cheese strings) dried fruit, fresh fruits, etc.

Coaches will be reminding youth to sip water throughout the day and will provide lots of stops for hydrating and fueling up. Please check the weather each day to determine how to dress; please send your child with a packable lightweight jacket everyday.



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. Kneepads are also highly recommended.

At times your son or daughter may be riding the roads to access certain trails (this will pertain mostly to the more experienced groups). 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.



Behavior 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 behavior 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!

For the “Child Camps” the better part of the day will be spent between Lost Lake trails, Emerald Forest, Meadow Park (Water Park), and the Green Lake Spit, coming back each day for lunch at Spruce Grove. The “Youth/Teen” campers will adventure further out from our home base and on most days be eating their lunch’s trailside.

The components of our camps are:

1. Skill Development

Setting the foundation for many bike years to come is WORCA'S main objective. Our qualified coaches will use exercises and games in a controlled environment to teach balance, cornering, front wheel lifts and a number of other skills necessary to navigate the off road challenges our trails have to offer.

2. Trail Exploration

Campers will get plenty of opportunities to put their newly honed skills into practice on Whistler’s incredible trail network. Trail selection will be well thought out in accordance to ability. For example beginners will gain experience in the Lost Lake Network, on entry-level trails such as Molly Hogan, Tin Pants, and the Sea to Sky Trail. Progressing to the entry level single track such as Gee I Like Your Pants, Son of Mr. Green Genes and Disco Boy, etc. Intermediate riders will find themselves exploring the blue single track of Lost Lake, Emerald Forest, River Runs Through etc. Advance riders will tackle trails on the Westside (aka Stonebridge), Blackcomb and the No Flow Zone (aka Emerald).

3. Trail Etiquette/Stewardship

Participants will be introduced to trail etiquette during their time with us and will be encouraged to practice what they have learned while riding outside of camp. Where suitable, groups may be given the opportunity to meet the WORCA Trail Crew and discover what goes into making and maintaining the fun trails we ride.

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

Contact Details



If there are any questions during camp, please contact the Sam White, the Camp Manager at camps@worca.com, or at [604-698-6994](tel:604-698-6994).

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



WORCA Dirt Camp Checklist

- ✓ **First Day** – attendance is mandatory. If your child will not be at camp please contact the dirt camp manager. This may result in transferring to another week
- ✓ **Tires** – properly inflated
- ✓ **Brakes** – hand brakes only, no pedal brakes
- ✓ **Gears** – required and in good working order
- ✓ **Helmet** – no full face (too hot), ensure proper fit
- ✓ **Athletic Footwear** – no sandals, crocs, flip-flops, ballet flats, etc.
- ✓ **Bagged Lunch** – to be dropped off with Child each morning
- ✓ **Ride Pack** – containing water, snacks (multiple!), lunch (for the child campers this can be in a separate bag), travel size sunscreen, lightweight rain jacket, ball cap
- ✓ **Tube** – mandatory for the [Youth/Teen](#) Camp only
- ✓ **Spare Change of Clothes** – weather dependent
- ✓ **On Time** – Drop-off by 9am and pick-up by 3pm SHARP!
- ✓ **Good Behavior** – follow coach's directions, play safe
- ✓ **Healthy** – please send you child to camp well rested, hydrated and nutritiously fed.

[We look forward to seeing you and your son/daughter at camp!](#)