

Mundy Road Mountain Bike Club

2016 Information Sheet

Grade 3, 4, and 5 students are invited to participate in the Mundy Road Mountain Biking Club. Your child has expressed an interest in joining this club. Below is some information about the purpose of our Mountain Bike Club, the opportunities to ride, the child's responsibilities, the risks, and the costs.

Purpose

Our mountain bike club has four major objectives:

1. To enhance students' understanding of safety issues relating to biking, including riding etiquette, proper helmet fit, mechanical safety checks, and off-road riding skills
2. To provide opportunities for students to learn, practice, refine, and improve their bicycle handling skills such as balancing, braking, cornering, gear shifting, climbing, and descending
3. To promote off-road cycling as a part of an active, healthy lifestyle
4. To promote personal responsibility and decision making by expecting students to follow the expectations and directions of the coaches, teaching students to ensure their equipment is safe before riding, and adhering to time deadlines to hand in forms and money.

The student's responsibilities

Students must attend a bike and helmet check on either Wednesday April 20 and Friday April 22 (do not attend both days) from 3:00-4:00 (approximately). At this check, the coaches will note any safety concerns with the students' bikes and helmets. **These repairs or adjustments must be fixed before April 25.**

Students must also attend an after-school clinic on either Monday April 25 and Friday April 29 (do not attend both) from 3:00 - 4:00. This clinic will cover important safety information such as rules of the road, biking etiquette, as well as bike handling skills. **Because safety and skills are learned during these clinics, all students must participate in this clinic!**

To participate in this program each student is required to wear a properly-sized and fitted helmet while riding a properly-sized bicycle in good working condition. Mountain bikes and BMX-style bikes are acceptable as long as they are capable of riding on trails safely.

As well, students are expected to follow the rules of the road, follow the coaches' instructions, and ride in a respectful manner. For safety reasons, students will not be allowed to participate if any of these conditions are not met.

The rides

After the mandatory clinic and bike/helmet check, students can choose to participate in rides along trails in Mundy Park or Riverview Forest. These rides are recreational, with the goals of improving our riding and having fun. **They will be held on the following Wednesdays from 3:00pm - 4:30pm (weather permitting): May 4, 11, 18, and 25.** These rides will leave from and return to the school. Members may participate in all club rides or just the ones that fit their schedules. Permission forms for the rides will be handed out at the bike check.

The possible risks

It should be understood that riding a bicycle, like any other form of physical activity, has inherent risks. Falls, collisions, and other mishaps which may result in injury may occur and are often unforeseeable. As well, our club will be riding on trails with roots, rocks, trees, etc. which may damage their bicycle. Students will also be traveling on roads and trails from the school to Mundy Park and Riverview Forest and back again. Please be assured that the coaches will make every effort to ensure that all participants have a safe and enjoyable ride. If you have any questions about the risks involved, please contact Mr. Porter.

How does your child join?

1. Attend one of mandatory bike check dates.
2. Return the signed Bike Check form and attend one of the mandatory bike skills dates
3. Return the signed permission form
4. Attend some or all of the rides.

If you have any questions regarding this program, or if you would be willing to help ride with the group and help supervise, please email Mr. Porter (kporter@sd43.bc.ca) or contact him by phone at (604) 936-4271 during school hours.

Thanks for your support.

Sincerely,
The Mundy Road Mountain Bike Club Coaches