

# Welcome to Sprockids

Every Wednesday from  
May 9<sup>th</sup> to June 20<sup>th</sup>, 2018  
5:30 PM to 7:00 PM

**Welcome to the 6th Sprockids season!** All of our Sprockids coaches are excited to be part of your child's mountain biking experience. In order to ensure we have a safe and successful season, please review the following program details and handouts to make sure your child is ready to ride.

As SMBA youth members, all Sprockids will also receive a 10% discount at McBike. This offer excludes new bikes and the Bike & Helmet Check.

**1. Rider's Bike & Helmet Check** – The Bike & Helmet Check is meant to be a preventative inspection done by your local bike shop **or** parent/guardian. A flat rate of \$20.00 will be charged from McBike (a special rate for Sprockids participants). Please bring your completed Checklist to the **first** Sprockids session – a brief safety check will occur during this time.

**NOTE:** The Sprockids coaches are not responsible for the state of each rider's bike. It is the **FULL** responsibility of each rider to ensure that their bike is properly maintained and safe, prior to each session. Riders will learn how to perform their own safety check in following sessions.

**2. First Session** - Please meet at Tyhee Lake main parking lot for the first session. Be ready to ride at 5:30pm sharp. Each group is pre-set, please take a look at our group chart to see which colour your child should be with. These groups are based on age and ability, but are not set in stone.

**3. Clothing, Water and Snack** – Please ensure your child is dressed appropriately for the weather (i.e. rain, cold, hot) and is wearing closed-toed shoes. A small snack will be provided, but **each rider is responsible to bring his/her own water bottle or other hydration system.**

**4. Helmet and Gear** - Please bring an appropriate helmet and gloves; arm and leg padding are not necessary for beginner and intermediate groups. We will have some extra gloves and padding for riders to try.

**5. Rider Check In** – At the start of each session, each rider will check in before they start their ride.

**6. Rider's Code of Ethics** – Please review the **Rider's Code of Ethics** with your child **PRIOR** to the first session, to ensure he/she understands the program guidelines and agrees to adopt them.

**7. Parent Helpers & Volunteering** – There are many ways for you to be involved in your child's riding experience. Please let us know how you are willing to volunteer with Sprockids.

**8. Shuttling** – Due to the location of some of the trails, shuttling will occur from time to time. This being said, every child will be in their own seat equipped with their own seat belts. NO child under any circumstance will be riding in the box of a pickup truck.

**9. Questions, concerns or feedback?** Please don't hesitate to contact the Program Coordinator Kristina Graham (250) 846-5447 or email us at [SmithersSprockids@gmail.com](mailto:SmithersSprockids@gmail.com)