



**MANITOBA
CYCLING
ASSOCIATION**

2020

Summer Cycling Day Camps

Parent Information Handbook

VERSION 2.1 (July 7, 2020)

PROGRAM OVERVIEW

This handbook is to help give all the information about what will happen for Summer Cycling Day Camps. It will include information about logistics, schedule, and your child's safety.

Each week of camp is setup to focus on the ability level of participants for the camp. Each camp has been setup with the intent of keeping ability levels as similar as possible between all participants. Each camp's ratio of athletes to coaches is designed with the participants safety and experience in mind. Activities will focus around small groups of peers of similar abilities to encourage the development of skills, confidence and close friendships.

YOUR CHILD'S COACHES

The MCA has brought in hire enthusiastic staff who are excited to work with youth and seeking to be positive role models for our cycling community. We require that all our camp staff go through a background check as well as ensure that they have the ability and knowledge to teach and challenge each participant. Each day, staff will go through a screening process before the start of their shift. The process will include hand sanitization, screening questionnaire and temperature check.

Camp Lead Coach: Aaron Carter (aaroncmssa@gmail.com, 204-905-0485)

ONLINE REGISTRATION

Our online registration system is through CCN Bikes. You can expect that a new registration will take about 10 minutes to complete. During this registration we will ask for emergency contact information, some background information about your cycling, and COVID related questions. All of these are important to ensure that we can be prepared for all participant's ability levels, in case there is an emergency and ensuring we are following the guidelines set out regarding COVID-19

MEDICATION

If a participant requires medication, we ask that you give it directly to the Day Camp Lead Coach (Aaron Carter). All medication must be in the original container with your child's name and specific instructions clearly marked. Please update your MCA health form online with information regarding medication.

ILLNESS OR INJURY AT CAMP

We are only able to accommodate and treat minor first aid injuries in the day camp setting. If a participant is unable to resume participation in his or her activities, parents will be notified to pick up the participant or in the case of major/sudden illness or injury, emergency services will be utilized.

LUNCH AND SNACKS

Due to the severity of some children's allergies, our Day Camps do not allow nut or nut products.

Daily lunches and snacks including beverages should be brought in a bag or lunch box. All lunches and snacks should be packed with non-perishable foods as children do not have access to a refrigerator or microwave at camp. We will have coolers on sight that will be full of ice each day, allowing participants to put their drinks, food and snacks to help keep them cool. Please ensure that everything is packed in watertight container to ensure food isn't ruined sitting in the ice. We would be grateful if you could use re-useable packaging whenever possible. Participants will have the opportunity to have a morning and afternoon snack between training sessions, as well as a longer lunch break. Please pack to ensure your child has enough food and drink for the entire time they are at camp.

WHAT TO PACK FOR CAMP

CLOTHES & BELONGINGS

- Be sure to label all your child's belongings as MCA will not be responsible for lost or missing articles.
- Please send your child in clothes that are practical for being outside all day on the bike
- For security reasons, we are unable to allow participants' belongings to remain at Bison Butte overnight.
- Please refrain from bringing valuables and electronics
- *Note that a large part of the camp experience takes place outside. Please send your child with the appropriate outerwear for the weather.*

NON-BIKE EQUIPMENT

- Hat, sunglasses
- sunscreen, non-aerosol insect repellent
- 1 (one) garbage-less lunch (nut and peanut-free) that does not require a microwave or refrigerator
- 2 (two) garbage-less snacks (nut and peanut-free)
- Reusable water bottle

BIKE EQUIPMENT

- MTB bike (that is in excellent working order; coaches should not need to fix their bike to start)
- Helmet, gloves, shoes
- Riding sunglasses
- Riding Water bottle
- A change of clothes (full day camps only)



TENTATIVE CAMP SCHEDULE (subject to change)

July 20-24 (Intermediate Camp)

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Bike Check	MTB Skills with Guest Coach	Skills	MTB Skills with Guest Coach	Skills
10-11am	Ride		Ride		Ride
11-12pm	Skills		Skills		Skills
12-12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 - 1pm	Mechanics	Mechanics	Mechanics	Mechanics	Mechanics
1-2pm	Mechanics	Mechanics	Mechanics	Mechanics	Mechanics
2-3pm	Long Ride	Long Ride	BMX Bikes	Long Ride	Long Ride
3-4pm					
4-5pm	Free Play	Free Play	Free Play	Free Play	Free Play

July 27-31 (Novice Camp – Morning Session)

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Bike Check / Ability Testing	Skills Review / Games	Skills Review / Games	Skills Review / Games	Skills Review / Games
10-11am	Skills	Skills	Skills	Skills	Skills
11-12pm	Games / Ride	Games / Ride	Games / Ride	Games / Ride	Games / Ride
12-12:15pm	Free Play	Free Play	Free Play	Free Play	Free Play

July 27-31 (Novice Camp – Afternoon Session)

	Monday	Tuesday	Wednesday	Thursday	Friday
1-2pm	Bike Check / Ability Testing	Skills Review / Games	Skills Review / Games	Skills Review / Games	Skills Review / Games
2-3pm	Skills	Skills	Skills	Skills	Skills
3-4pm	Games	Games / Ride	Games / Ride	Games / Ride	Games / Ride
4-4:30pm	Free Play	Free Play	Free Play	Free Play	Free Play

DROP-OFF AND PICK-UP TIMES

DROPPING OFF

Camp drop off is 15 minutes before the start of the camp. Morning sessions are between 8:45 and 9 am, while the afternoon session is between 12:45 and 1pm.

Monday 1st session only: Parents are invited to drop off their child directly at the West Entrance of Bison Butte MTB park. This will ensure parents and coaches are able to meet and address any questions that parents may have.

Other Drop offs. Parents are asked to drop of their child at the parking lot on the east side of Cabelas. One of the coaches will meet the participants and they will ride over to Bison Butte as one group.

Participants that are late are asked to phone the camp lead coach to update your arrival, so that arrangements can be made for one of the coaches to come over to meet you Cabela's east side parking lot.


PICKING UP


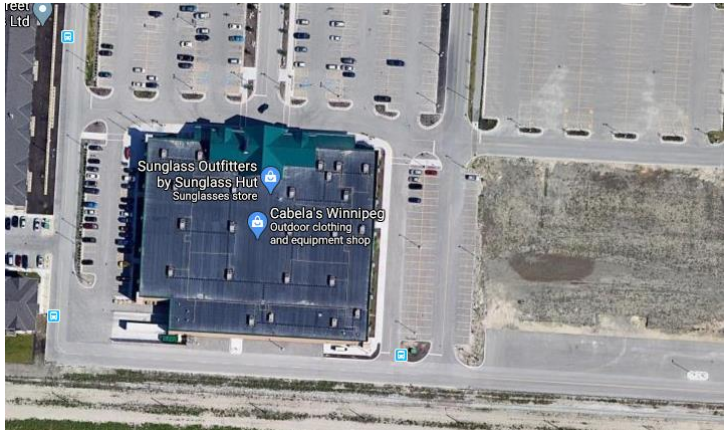
For the morning camp (July 27-31 Novice group), participants may be picked up between 12:30 and 12:45pm at the East parking lot of Cabelas. Participants will be taken over and chaperoned by one of the camp coaches until all participants are picked up.

For the afternoon camp (July 27-31 novice group) or the full day camp (July 20-24 intermediate group), participants may be picked up between 4:45 and 5pm at the East parking lot of Cabelas. Participants will be taken over and chaperoned by one of the camp coaches until all participants are picked up.

Parents are asked to be on time, so coaches are required to stay with all participants until they have been safely picked up by their parent or guardian

DROP-OFF AND PICK-UP LOCATION

<p>Monday 1st Day</p> <p>Dropoff (morning or afternoon)</p>	<p>West Entrance of Bison Butte</p> <p>Vehicle access is from the service road at the mailboxes just north of the castle looking house (1661 McCreary Road)</p> 
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<p>Tues – Friday</p> <p>Dropoff & Pickup</p>	<p>Parking Lot on the East side of Cabela's (580 Sterling Lyon Pkwy)</p>  
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CAMP POLICIES

CAMP ABSENCES

- If your child must be away from camp for any unexpected reason such as an illness, please call (204) 905-0485 to let camp staff know.
- If your child must be away due to a planned reason such as an appointment, please inform your child's camp leader ahead of time and provide a written note.
- No refunds will be issued for missed days unless accompanied by a doctor's note, less a 10% administration fee.

CANCELLATIONS

- Cancellations made 7 or more days in advance of session start date will be fully refunded, less a 10% administration fee.
- Cancellations made 7 or fewer days in advance of session start date will be not be issued a refund

TAX RECEIPT INFORMATION

- Your tax receipt is your Statement of Account which is available through your CCN bikes account.
- We can also provide these are your request prior to January 31st of the following calendar year at your request
- You may access and print this information by logging into your account at your convenience.