



**MANITOBA  
CYCLING  
ASSOCIATION**

**2021**

# **Summer Cycling Day Camps**

**Parent Information Handbook**

VERSION 3.0 (July 14th, 2021)

## **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 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. The lead coach is vaccinated for Covid-19 and staff will go through a screening process before the start of their shift each day. The process will include hand sanitization, screening questionnaire and temperature check.

Camp Lead Coach: Aaron Carter ([aaroncmssa@gmail.com](mailto: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.

### **FLUIDS AND SNACKS**

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

Daily snacks and beverages should be **labelled** and brought in a bag or lunch box. All 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 site 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 a water tight container to ensure food isn't ruined sitting in the ice. We would be grateful if you could use reusable packaging whenever possible. Participants will have the opportunity to have a snack between training sessions. **Please pack to ensure your child has enough food and drinks 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
- 2 (two) garbage-less snacks (nut and peanut-free) that does not require a microwave or refrigerator
- Reusable water bottles

### **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 on rainy days (rain jacket, spare shorts, socks, shirt)

**Face Masks** are Mandatory when not actively riding. Please pack multiple for each day in the event of moisture.

## TENTATIVE CAMP SCHEDULE (subject to change)

### July Advanced Camps

Advanced Camp Sample First Day		
	First day	Details
9am	<b>Bike Check</b>	Gears, suspension, set up, <b>bar ends</b>
9:15:00 AM	Brake Check	Talk about stopping power, practice locking brakes-skid contest
9:30:00 AM	Ride Equipment	Trail conditions, ride necessities (tubes, water, snacks, sunscreen etc)
9:45:00 PM	Skills	Learn/Recap Jumping, Hopping
		J Hops/Bunny Hops/ Front Wheel tap etc
10:15:00 PM	Ride	Simple trail ride, focus on <b>looking ahead</b>
		Trails : Wayne's World and Train Tracks
11-11:30:00 PM	Mechanics	Tire Change, Wheel Removal
11:30:00 -12 PM	Skills	Games
		Review Jumping and Hopping, Track Stand concepts, Granny Gear Race

### July Intermediate Camps

Intermediate Camp Sample Day		
	Monday	Details
9am	<b>Bike Check</b>	Gears, suspension, set up, <b>bar ends</b>
9:15:00 AM	Brake Check	Talk about stopping power, practice locking brakes-skid contest
9:30:00 AM	Ride Equipment	Trail conditions, ride necessities (tubes, water, snacks, sunscreen etc)
9:45:00 PM	Skills	Balance, Ride Position, Ratchet
10:45:00 PM	Ride	Simple trail ride, focus on <b>looking ahead</b>
11-11:30:00 PM	Free Time	Snack or pump track practice
11:30:00 -12 PM	Skills	Games

## July Novice Camps

Novice Camp Sample Day		
	<b>Monday</b>	Details
<b>9am</b>	<b>Bike Check</b>	Gears, suspension, set up, <b>bar ends</b>
<b>9:15:00 AM</b>	Brake Check	Talk about stopping power, practice locking brakes-skid contest
<b>9:45:00 AM</b>	Ride Equipment	Trail conditions, ride necessities (tubes, water, snacks, sunscreen etc)
<b>10:00:00 AM</b>	Ride	How to ride on different terrain
<b>10:45:00 PM</b>	Skills	Balance Games

## **DROP-OFF AND PICK-UP TIMES**

### **DROPPING OFF**

Camp drop off is 10 minutes before the start of the camp. Morning sessions are between 8:50 and 9 am, while the afternoon session is between 12:50 and 1pm.

**Monday 1<sup>st</sup> 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 off their child at the parking lot on the east side of Cabelas. The coaches will meet the participants and they will ride over to Bison Butte as one group.



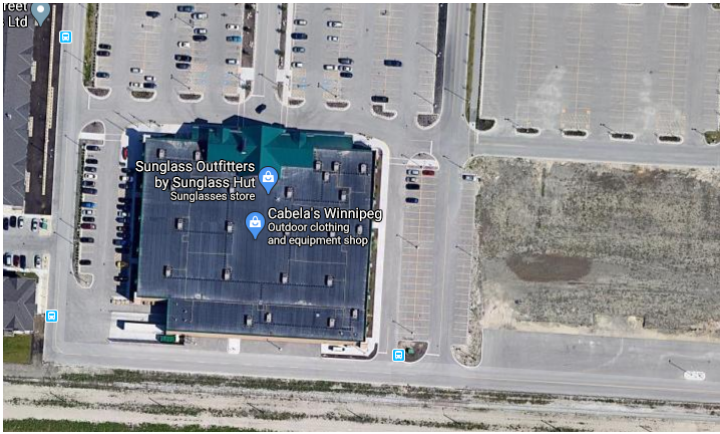
Participants that are late are asked to **phone the camp lead coach** to update your arrival, so that arrangements can be made for one of the coaches to come over to meet you at Cabela's east side parking lot.

### **PICKING UP**

For the morning camps, pickup is up to 10 minutes before the end of the camp. Participants may be picked up 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 camps, participants can be picked up 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 parents or guardian.

<p>1<sup>st</sup> Day of Camp</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> 
<p>All other camp days</p> <p>Dropoff &amp; Pickup</p>	<p>Parking Lot on the East side of Cabela's (580 Sterling Lyon Pkwy)</p>  

#### **DROP-OFF AND PICK-UP LOCATION**





## **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.