



# Mountain Bike Camps



2023 Parent Handbook



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# Welcome to WinSport

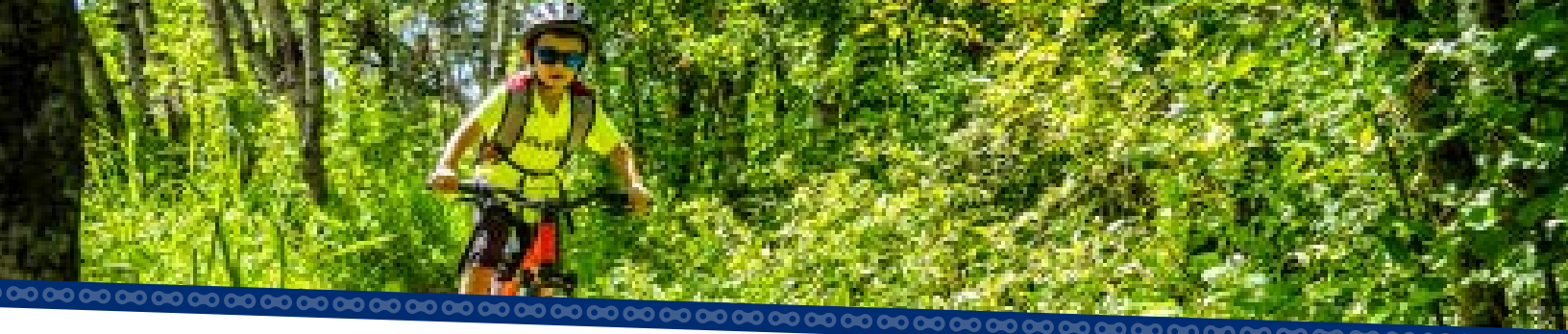
## Our Campus

Since hosting the Olympics in 1988, WinSport has become an Olympic Legacy Site. Your child will get to ride and adventure on the same ground that Olympians train on. Sitting on a 263-acre campus, WinSport offers your child a vast area to bike, explore, and learn. Our mountain bike programs make use of a substantial portion of that space. We share the campus with a variety of other activities and programs, from other camp formats to elite athletes training for competitions.

View our trail map on page 5.

## Our Philosophy

Welcome to WinSport Mountain Bike camps, the gateway to the mountain biking scene in the Calgary area. Our camps are all about having fun outside and building self-confidence while discovering & developing mountain biking skills. Whether it is a shy kid making a new friend, climbing the hill they've had to walk up every day before or clearing the jump that looked too big the first time they saw it. Every day in mountain bike camps kids exceed their own expectations. Our programs embody a philosophy focused on fun, safety, and progression.



# Preparing for Camp

## Everyday essentials

Our Mountain Bike camps are focused on spending as much time on the trails as possible; we will only use indoor spaces at lunch or if the weather presents a hazard to our staff and campers' safety. Please bring clothes that can get dirty. Please be sure to also pack:

- Bike
- Bike helmet (see page 12)
- A backpack, to ride with all day (no loose straps). This pack should carry:
  - Spare tube (correct size for tire)
  - hydration pack/water bottle (can also be on-bike)
  - snacks
  - raincoat

Other Items: (Can be brought in a separate bag to be left at the group table while out riding)

- Sunscreen (please apply before arrival, and provide a bottle for reapplying throughout the day)
- Pads and gloves (optional)
- Sunglasses
- Bug repellent
- Athletic clothing
- Socks
- Closed-toed athletic shoes
- Any weather dependent layers
- Any required medication
- Pocket snacks, lunch (no microwave or refrigerator will be available)

## Preparing for the weather



### Rain

We will continue to be outside even during rain as long as it is safe to do so. Ensure your child is wearing something to camp that can get wet and muddy. We often see three seasons in a day in Calgary, so a rain jacket is required.



### Sunshine

Calgary summers can be sunny and quite hot. Please ensure your child arrives at camp with sunscreen pre-applied. In addition, we ask that all campers bring a bottle of sunscreen labeled with their name so it can be re-applied throughout the day.

Instructors will be able to help with sunscreen application if needed.

*\*We recommend wearing layers to adjust to warmer or cooler weather as the day progresses*

*\*Please label your child's belongings*





## Mountain Bike Trail Map



*Click to enlarge*

## Offsite Activities

Our Mountain Bike programs will often bike to and make daily use of the nearby Paskapoo Slopes recreation area, located immediately east of the WinSport campus for cross-country mountain biking. While the Paskapoo Slopes area is considered offsite, it is adjacent to the campus and readily accessible by bike.

# Check-In

## Who?

All campers must be accompanied by a parent or adult guardian on the first day of camp. Expect to see other families checking in their campers and many WinSport team members to help ensure check-in is efficient and stress-free.

## What?

As you arrive at our first check-in table, a WinSport team member will be waiting to check your registration and the completion of your waivers\* before directing you to your specific program's meeting area. Once you have met with your child's instructor, you will be asked to create a password and provide some information.

***\*Please ensure your waivers have been completed 24 hours prior to your camp's check-in to save time during the first day's check-in process.***

## Where?

If your child is 4-11 years old, their check-in will be at the Festival Tent. If your child is 12-17 years old, their check-in will be on the east side of the WinSport Day Lodge parking lot on the grass.

## Camp Schedule

8:00AM: Before Care begins  
8:30AM: Regular check-in begins  
9:00AM: Programs start  
4:00PM: Programs end and regular check-out begins  
4:30PM: Aftercare begins  
5:00PM: All campers must be picked up

# Before Camp

## Before-care

WinSport offers complimentary before and after care for your child when you sign up for one of our summer programs in the same area as your check-in location. Before care starts at 8:00AM. If you require before care throughout the week, please let your instructor know on day one.

## Is there anything different on the first day of check-in?

Plan to arrive 15 minutes earlier on your first day of check-in (no later than 8:45AM). On the first day of camp check-in, the instructors will ask for the following information from the parent or guardian:

**Create a password:** A password is a 4-digit number or short word is required to check-out your child from camps. At the end of every day, you or whoever will be picking up your child must provide the same password to check them out.

**Allergies, medical needs or conditions, and support:** An instructor will also ask you for information on any allergies and medications that may come up during camp. Please see the Safety and Wellness page for more information.

## Self Sign-out

If your child is at least 12 years old, you can ask our instructors about the self sign-out option and QR code.



***Scan or click to view***



## Our Team



Our Camp Supervisors wear black. Their role is to oversee camp operations.



Our team leaders wear grey. They are responsible for assuring our camps are safe, fun, and engaging. They will be present at every check-in and check-out ready to answer any questions you may have.



Our Technical lead wears grey. The technical lead is WinSport's resident mountain bike progression expert. Their role is to provide technical direction and advice to instructors to assist them in helping their campers reach their full potential.



Our instructors wear green. Each instructor will have their own group of campers. They are friendly, supportive, and attentive to the goals and interests of each camper. They strive to spread their passion for mountain biking to all their campers and ensure that each day is exciting, fun, and engaging.



Our junior instructors wear light blue. They are volunteers at our camps who are learning to become future instructors. Their role is to be supportive to the instructors.



# Camps & Levels

## Pedal Pals

Due to the young age of our friends in Pedal Pals, they do not follow the exact same line of progression as the rest of our camps. Pedal Pals is all about sharing the passion of mountain biking.

Our instructors aim to inspire a love for the sport by playing biking games and instructing campers through new terrain and techniques while encouraging them to experiment with their new skills.

Pedal Pals is the perfect steppingstone to get your little rider onto the big trails.

## Available levels

**Pedal Pals (Ages 4-5)**

**Gear Gang (Ages 6-8)**

**1 2 3 4 5 6**

**Berm Bandits (Ages 9-11)**

**Accelerate (Ages 12-17)**

## Gear Gang, Berm Bandits & Accelerate Camps

These camps follow a more specific line of progression. We offer levels 1-6. View our level guide below.

### Level 1

Can ride on slightly bumpy flat terrain, practicing using brakes to slow down.

### Level 2

Can ride on green terrain and stop using front and back brakes, can sometimes stand up while riding on bumpy terrain.

### Level 3

Comfortable going at trail speed on green runs, ready for more challenging terrain.

### Level 4

Can ride all green and some blue terrain with small features (including jumps).

### Level 5

Can ride blue single track and freeride trails confidently, has good technique on trails and can do 5-7ft jumps. Ready to progress onto black terrain.

### Level 6

Can ride at fast speeds on black single tracks and freeride trails, has good technique on trails, can do 12-15ft jumps.





# A Day of Camp

**1**

Our Mountain Bike camps will begin with warm welcomes and introductions to the WinSport Instructor and other campers.

**2**

Most of each camp day will be spent on our bikes. The first day begins with a small riding assessment to ensure that every camper is with a group that will allow them to shine and progress.

**3**

Our instructors are knowledgeable about the WinSport campus and are ready help the groups to explore.

**5**

The campers and instructors will take a break for lunch. Lunch will often be eaten outside if the weather permits.

**4**

With a mix of games and different varieties of mountain biking, each day is bound to bring something new and exciting.

**6**

Your child, depending on their age and group level, can expect to explore some of these fun places: Gromville, East Trees, West Trees, Skills Centre, the Paskapoo Slopes (Eastlands), Husky Gardens & Gnarnia.

**7**

After a packed-full day of trails and riding, the groups will return for checkout at 4:00pm.



## End of the Day

### Checkout

All camp groups will return to the to the same table where they were checked in on the first day inside the Festival Tent field for checkout at 4:00PM. Your child will stay with their instructor until you or another trusted adult signs them out for the day using the password set in the morning of the first day. Please ensure that whoever checks out your child knows the password. Right after checkout is a great time to ask any questions you have for your child’s instructor.

### Self Sign-Out

If your child is aged 12 or over and you have signed the required self sign-out form, you will not need to be present to provide a password for check-out. Instead, our instructors will give the all-clear to your child so they can leave camp after 4:00PM.

### After care

As with before-care, WinSport offers complimentary after care for your child from 4:30 to 5:00PM when you sign up for one of our summer camps. Your child can expect more fun games and activities during the hour after camp. Please ensure your child is picked up by 5:00PM. If you expect you will need this throughout the week, please let your child’s instructor know.

## Campers’ Code

WinSport’s mountain bike campers are expected to practice these behaviours and abide by our rules and expectations:



# Frequently Asked Questions

## **Will my child go up the chairlift?**

Not every group will go up the chairlift, though most groups will progress over the week and gain the skills required to ride chairlift accessed trails. Groups that do not go up the chairlift will have a blast exploring Gromville, the Skills Centre, Husky Gardens and the Paskapoo Slopes on their bikes.

## **Is mountain biking safe for kids?**

Of course! While falls do happen, our instructors are trained to pick terrain and skills that align with the ability level of each group and individual campers which minimizes big falls. Although small scrapes and bruises can often be a part of the learning curve of mountain biking, WinSport's mountain bike team is committed to ensuring all campers feel safe and comfortable while being challenged to try new things.

## **What do I do if we arrive late?**

If you know ahead of time that your child will be absent or late for a day of camp, please let your child's instructor know. For last minute absences or late arrivals, please email: [bike@winsport.ca](mailto:bike@winsport.ca)

## **If my child is in the wrong level will they be moved into the right level?**

On day one of camp our instructors will complete a skill assessment to determine if any level or group changes are needed. If your child is below or above the riding level of the group the instructor will work with other groups to find the correct fit. Often there is more than one group within a level that are catering to different stages of progression. If your child needs to move up or down a complete level, we will do our best to accommodate based on group ratios. Prior to moving up a level the instructor will assess if your child meets all pre-requisites prior to moving them.

## **How do I know what type of equipment my child needs for this camp?**

Your local bike shop should have all of the right equipment and information to get your child safely on a bike and stoked to ride at WinSport. We recommend stopping in at Bow Cycle, our Official Bike Partner, to chat with their experts. Bow Cycle is located just down the road from WinSport in the community of Bowness.

## **Does my child's bike need disc brakes?**

Disc brakes are a requirement for level 3 and up and are recommended for levels 1 and 2.

# Frequently Asked Questions

## Does my child need a full-face helmet?

The type of helmet we require depends on the level of the program:

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<b>Half Shell</b>	Required	Required	Required	Required	Required	Required
<b>Full Face</b>				Recommended	Required	Required



**Half Shell Helmet**



**Full Face Helmet**

Full-face helmets are required for Safari, Haircut Rabbit, Laserfade, and any black level trails in the skills center. Level 4 groups will advance throughout the week and may access these trails. Accessing these trails will require a full-face helmet and campers will be moved to a different group accessing different terrain if such a helmet is not provided or rented.

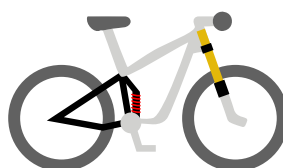
## Does my child need a full suspension bike?

The type of bike your child requires is dependent on the level of program they are in:

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<b>Hard Tail</b>	Recommended	Recommended	Recommended	Recommended		
<b>Full Suspension</b>					<i>Strongly Recommended</i>	<i>Strongly Recommended</i>



**Hard Tail**



**Full Suspension**

# Safety & Wellbeing

## Additional Information About Your Child

At check-in on day one, please provide us with any of the following information you feel will be valuable to our instructors to ensure your child's safety, wellbeing, and enjoyment of the camp. WinSport is adamant that every child should have the opportunity to participate in our camps.

**Medication and Medical Conditions** - It is important that you inform your child's instructor of any medications or conditions your child has before the summer camp starts. This information will help us to provide a safe and healthy environment for your child and to respond quickly in case of an emergency. Please ensure you inform us of any medications your child takes regularly or occasionally. If your child needs to take any medication during the camp hours, please provide us with the medication in its original container and clear instructions on how to administer it.

**Allergies** - Please inform us of any allergies your child has (such as food, insect, drug, or environmental allergies), and any symptoms or reactions your child may experience. If your child has a severe allergy that requires an epinephrine auto-injector, please make sure your child always carries one.

**Support** - If your camper requires extra support or adjustments to our activities, to participate in our camp environments, please inform us of the need for accommodation. It is very helpful for our team to know how we can support your child! We will do our best to ensure their instructor receives the information and understands how to use it, but please inform your instructor of your camper's needs on day one of check-in. We will seek to have extra staff available if an extra instructor is required in a camp.

## Bathrooms at Camp

For campers under the age of 12, there is always a minimum of two campers per one instructor present on trips to the bathroom. This is to ensure the safety and privacy of campers. If a camper soils themselves, instructors can give verbal guidance from outside the bathroom stall and will not step in to physically assist.

Campers over the age of 12 can make trips to the bathroom without an instructor, so long as there is a minimum of two campers going to the bathroom and they have permission from the instructor. Instructors consider location, distance to the bathroom, and familiarity with the camper when making this decision.

## Lost and Found

A lost and found will be located at the check-in area of each camp. Please see your child's instructor for assistance in finding misplaced items.

## Media Release Policy

Every parent has the option to sign the Minor Media Release Form for their child. This would permit your child to be photographed by our media team for use in our internal and external newsletters, our social media, and on our website. They would be photographed engaging in activities related to our camp. Campers who have signed a media release policy will be provided a wristband, so that it is clear to the instructors, team leaders, and photographer who is permitted to be photographed.

[Media Release Form >](#)





# Incident Weather



## Smoke

Smoke from forest fires is not uncommon during the summer. We closely monitor the local air quality index. If air quality decreases, we will increase the amount of breaks, lower the intensity of riding and instructors will frequently check in with their campers. If the air quality index is at very high risk we will utilize indoor space for breaks away from the smoke. Our policy and decisions regarding smoke are based upon the Government of Canada's Air Quality Index.



## Heat Warnings

We follow all Environment Canada recommendations surrounding heat warnings. As the weather gets hotter, we increase water breaks, frequently check in with campers and utilize cooler indoor spaces for cool-down breaks..



## Thunderstorms

Any weather that poses an immediate hazard to the outdoor nature of our camps or programs will result in the program being moved inside. If the weather is not posing an immediate hazard, WinSport will prepare for the possibility of worsening weather by closing the chairlifts and moving all camps and programs to within a short distance of our indoor facilities in case we need to move inside. As soon as the weather proves to be a hazard, all camps will be moved indoors until it is safe to be outside again.



# WinSport Contact Information

## Registration - Guest Services

Call: **403-247-5452**

Email: [info@winsport.ca](mailto:info@winsport.ca)

## Day-to-day questions and concerns

Due to the volume and pace of our operations, we cannot guarantee that our phone will be answered every time. If we do not answer, please send us an email instead!

Try our Sport Leadership office phone at: **403-247-5403**

For any other questions or concerns, please email: [bike@winsport.ca](mailto:bike@winsport.ca)

## Absence & late arrivals

If you know ahead of time that your child will be absent or late for a day of camp, please let your child's instructor know.

For last minute absences or late arrivals, please email: [bike@winsport.ca](mailto:bike@winsport.ca)