



Sprockids 2010

Rider's Program Welcome

Welcome to your Sprockids 2010 Season! All the Sprockids leaders are excited to be a part of your child's mountain biking experience. In order to ensure we have a safe and successful season, we would like to provide you with some information that we would like you to discuss with your child. Please review the following program details so that your son or daughter is ready to ride.

1. **Rider's Medical** – Please ensure you have completed and submitted the registration and medical forms PRIOR to the first session or your child will not be able to ride. This will ensure we have all the required information to deal with any medical concerns, if they should arise.
2. **Rider's Maintenance Bike Check** – The Maintenance Check is meant to be preventative inspection done by your local bike shop, with charges for necessary repairs. Please take your child's bicycle into any local bike shop as soon as possible, as you may need to leave it there for a few days. Please have the bike mechanic complete the Maintenance Check List found inside your Sprockids 2010 folder, and bring the completed form to the first Sprockids Session.

The Sprockids Leaders are not responsible for the state of each rider's bicycle. It is the FULL responsibility of each rider to ensure that their bicycle is properly maintained and safe. Our leaders will perform a brief safety check prior to the first session at which time your child will hand in their completed bike check form. The riders will learn how to perform their own safety check in session #2, which we encourage the parents to be involved in.

3. **Session Start Date** – Please note that the 2010 season is scheduled to begin on Wednesday May 12 from 6:30pm – 8:00pm, pending that the trails are ready at this time, and will continue every Wednesday for 8 weeks. Please be prepared for a delay in the start date, which will be determined prior to May 12. You will be notified by May 11 at the latest (via EMAIL) if there will be a delay. If you have any questions about the start date (or if you did not provide an email address), please contact Lynda at 250-562-2890 or 250-961-4113.
4. **Clothing/Gear** – Please ensure your child is dressed appropriately for the weather (i.e. rain, cold, hot), as well as closed toed shoes. All riders must have a properly fitting helmet and a hydration source is STRONGLY recommended.
5. **Rider Check In/Name Tags** – At the start of each session, each rider will check in at a designated area where they will receive a name tag. This tag is to be RETURNED after each session, to allow us to ensure all riders have returned from the daily trail ride.
6. **Bottle Drive** – We will be organizing a bottle drive on June 6, 2010, as well as encouraging all parents to collect and save bottles and cans throughout the season. We will ask all parents to bring their collection to session #7, with all proceeds going towards future Sprockids programs (such as stunts and trail building). You may also take your collection directly to the Nechako Bottle Depot on First Avenue and have them put the money towards the Prince George Cycling Club's account.
7. **Handouts** – Please keep the green folder that you received at the start of the season as your child will receive handouts throughout the program, at the END of each session.

Sincerely, 2010 Sprockids Leaders