## SAFETY COMES FIRST!

- All coaches are professionally trained
- All coaches are certified in First Aid and CPR
- All coaches are background checked
- School of Send has a "challenge by choice" policy

## **GEAR LIST**

- Mountain Bike
  - In good working order
  - Hand brakes are mandatory (no coaster brakes, no back pedaling brakes)

• No training wheels

- No kick stands (dangerous for riding trails)
- Helmet
  - Must be a CPSC certified bike helmet
  - Full-face helmet strongly recommended for All Camps
  - Full-Face Helmets Required For all Kids Full-Send Camps
- Flat Pedals

 $\circ$  No clip in pedals

• Shoes

- Closed-toed, flat soled shoes
- $\circ\;$  Five ten or skate style work better than running shoes
- Pads: Knee and elbow pads
- $\circ$  Knee and elbow pads highly recommended
  - Gloves
  - Sunscreen
  - Bug Spray
  - Water
    - Electrolyte drink recommended too

- A hydration pack or water bottle is also required
- Lunch
- Backpack
- We will Have a Place to store Lunches
- Medical (as needed)
  - EPI pen must be carried by rider at all times
  - Inhaler must be carried by rider at all times

## **MEETING PLACE**

• Location will be comnunicated through the Shutterfly Share site

## CANCELLATIONS

• As long as you cancel 3 weeks (21 days) prior to the camp start date, you will be refunded 50% of total registration. No refunds for canceling within 2 weeks (14 days) of the camp start date unless you have a doctor's letter.

• Camp happens rain or shine but we may cancel if there is thunder and lightning or smoke