

Dirt School Advanced Academy



Please read the following information about this course carefully. If you have any further questions, please don't hesitate to get in touch with Dirt School using the details below.

Covid-19

Please carefully read our Covid-19 policy which will have been sent out to you via email. At the time of signing a disclaimer for your child you will be asked to agree to everything outlined in this. All of our disclaimer forms are now online, please complete these before attending a Dirt School Academy course as our coaches won't have any paper copies on the day.

Location

We'll meet at Innerleithen's Downhill Trail Car Park each day and collection will be from the same point unless our coaches tell you otherwise. Please follow [this link](#) to find the car park.

Day Format

Each day is 4 hours long, starting at 10:00 and finishing at 14:00. However, we would ask if you could arrive fifteen minutes early at 09:45 to make sure everything is in order and that we have your disclaimer/ emergency contact details on file and can check your child in. The class will start at 10:00 sharp.

Lunch

We will have a lunch break on the hill halfway through each day - please make sure your child brings a packed lunch that they can easily carry in their backpacks. Dirt School does not provide lunches.

Equipment

A certified cycling helmet, gloves and knee pads are compulsory on our Advanced Academy. Weatherproof clothing is also a necessity. As the weather is changeable please help your child pack for every eventuality. Flat pedals are strongly recommended.

Please ensure that your child's bike is in good working order with bar end plugs fitted and is appropriate for their session. For more information on what bike would be suitable for the course [click here](#), and to check that your bike is properly maintained [follow this link](#). If you need to hire a bike for the day please get in touch with us using the details below - our shop, Tweed Valley Bikes, based at 60 Innerleithen High Street has both hardtails and full suspension mountain bikes available for hire. Dirt School customers are entitled to 15% discount on bike hire for use during our courses.

Your child will be out on the trails for the duration of their course, so carrying a small hydration pack is ideal. Hydration is crucial for concentration and keeping their energy levels up. Please make sure your child has lunch with them for our mid session break. Riders should also carry a spare inner tube to fit their bike. Dirt School coaches will not carry spare inner tubes for riders, but will have all the tools required to fit the new tube for your child if they puncture or have a mechanical issue that can be fixed on the trailside.

Weather Cancellation

If for any reason the weather or trail conditions are deemed dangerous by the Dirt School coach, you will be offered another suitable date.. Should this happen, we will contact you as soon as possible using the details you have provided.

We look forward to seeing you soon.

The Dirt School Team