



### **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.

#### **Meeting Point:**

##### **Days 1, 2 and 3 -**

We'll meet at the Buzzards Nest at Glentress, which is the car park half way up the hill next to the Freeride Park and Skills Loop. For more information on how to find the trail centre at Glentress, [follow this link](#).

##### **Day 4 -**

We'll meet at the Innerleithen downhill trails car park (sometimes referred to as the Red Bull car park). For information on how to find this car park please [follow this link](#).

#### **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 detail forms filled in. The class will start at 10:00 sharp.

#### **Uplift**

On Friday we will spend the day at Innerleithen on our own private bus with Adrenalin Uplift. This will give us lots of extra time on the bike to put everything we've learnt over the first 3 days into practice.

#### **Equipment**

A certified cycling helmet and gloves are compulsory. Weatherproof clothing is also a necessity. As the weather is changeable please pack for every eventuality. We also strongly recommend using knee pads and any other protection that you feel would give you more confidence on the day. Flat pedals are also highly recommended.

Please ensure that the bike you turn up with is in full working order and is relevant for the day. For more information on how to check that your bike is maintained well follow [this link](#). If you need to hire a bike for the day please get in touch with us using the details below. We'll be able to offer you a discounted rate on hire through our partnership with Alpine Bikes - both hardtails and full suspension bikes are available.

Your kid will be out on the trail sectioning areas all morning and afternoon. For this reason making sure that they carry a small hydration pack is of use. Hydration is crucial for concentration and keeping energy levels up. Some food and a spare inner tube is also worth packing to avoid your day finishing early. Dirt School will not provide spares. Alpine Bikes are located at our meeting point at the bottom of the hill at Glentress if you need any last minute spares before the course starts.

#### **Weather Cancellation**

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

We look forward to seeing you soon.

Dirt School Ltd  
Kind Regards,  
tel: 07974671081

email: [elisa@dirtschool.co.uk](mailto:elisa@dirtschool.co.uk)

