

# Dirt School Kids 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 contact 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 the Buzzards Nest car park, Glentress. This is the car park at the top of the hill, next to the freeride park and skills area. It's a 5 minute drive up the hill on a forest road, initially passing the bike shop and cafe, followed by Go-Ape. For more information on how to find our meeting point, please [follow this link](#).

## **Morning Sessions (Little Rippers)**

The course is two and a half hours long, **starting at 09:30 and finishing at 12:00**. However, we would ask if you could arrive fifteen minutes early at 09:15 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 09:30 sharp.

## **Afternoon Sessions (Youth Academy)**

The course is three hours long, **starting at 13:30 and finishing at 16:30**. However, we would ask if you could arrive fifteen minutes early at 13:15 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 13:30 sharp.

## **Equipment**

A certified cycling helmet and gloves are compulsory. Weatherproof clothing is also a necessity. As the weather is changeable please help your child pack for every eventuality. We also strongly recommend using knee pads on our Youth Academy course. We would prefer children not to wear full face helmets so they're able to hear our coaches clearly during their session. 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 on 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 also make sure your child has snacks available for our mid session break, and they should carry a spare inner tube to fit their bike. Dirt School coaches will not carry spare inner tubes for riders, but will however 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 and we need to postpone your session, you will be offered another suitable date. Should this happen, we will contact you as soon as possible using the contact details you have provided.

We look forward to seeing you soon.

The Dirt School Team