



School Holiday Sessions

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.

Age Groups

We offer sessions for children attending **Primary School** and **Secondary School**. Please book your child on the appropriate course. Your child doesn't have to attend all three days however each day will be different and a progression from the previous day. It would be great to see them for 3 days in a row!

Meeting Point

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](#).

Ages 8 – 12

The course is three hours long, starting at 10:00 and finishing at 13:00. However, we would ask if you could arrive fifteen minutes early 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.

Ages 13 – 16

The course is three hours long, starting at 14:00 and finishing at 17:00. However, we would ask if you could arrive fifteen minutes early to make sure everything is in order and that we have your disclaimer/emergency contact detail forms filled in. The class will start at 14:00 sharp.

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 recommended but not compulsory.

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](#).

You'll be out on the trail sectioning areas all morning and afternoon. For this reason carrying 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.

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.

Kind Regards,

Dirt School Ltd