

Skills Academy Pre-Session Information

Location and arrival – Ashton Court

You can find directions [here](#). Please arrive 10 mins before the session is due to start. An instructor will be waiting by the trail signage at the front of the main building (by the bike wash). If you have booked a hire bike, please come to the shop to collect.

What to bring

Bike: Your child's bike should be in very good working order and a suitable size. They should be able to touch the ground whilst sitting on the saddle. Check brakes are working well, gears are working, tyres are pumped up (around 20 psi). Please see event booking page for the specific bike that is required for your session – it differs depending on age and session type. No BMX or drop handlebar Racing bikes. Mountain bikes are preferable (see left pic below) Hybrid bikes (like Isla, Frog, Squish) are fine but they should have a grippy tyre similar to the picture on the right.

Want to watch it? Bike safety check video: <https://youtu.be/RpxxkZ5gXKI>



You can hire a bike from us for the session and get a 20% discount using code 'COACHING20' at checkout. If your child's bike is deemed unsafe or unsuitable by the instructor your child will not be able to take part, they may be able to hire a bike on the day (subject to availability). But please plan ahead, when this is left to the last minute it can be stressful for you, your child, and the instructor. If you are unsure contact us for advice at least 48 prior to the session – we'll do our best to help.

Protection: A well-fitting helmet is essential. We highly recommend gloves to avoid grazing hands if your child falls. Knee and elbow pads are recommended especially for the Red sessions, as is a full face helmet. If you are unsure, please contact us for advice a minimum of 48 hours prior to the session – we'll do our best to help.

Clothing: Please check the forecast to ensure your child has enough clothing to keep them warm and dry. Warm, water-resistant, or waterproof gloves are essential in colder months. If your child gets cold or cannot operate their bike safely due to cold hands, and our instructors feels they are unsafe we may need to call an emergency contact to come and collect them early. If you are unsure, please contact us for advice a minimum of 48 hours prior to the session – we'll do our best to help.

Food and water: Please make sure your child has a small bottle of water. A snack comprising of one or two items - piece of fruit, snack bar, pack of crisps, dried fruit, crackers, is optional, but we all know everyone loves a snack, so we'd highly recommend sending them with one. No nuts please. We find the kids are very generous, but we cannot let them share food due to allergies.

Medication: Please remember to give your child any medication they may need. The instructor will be happy to carry this, the most commonly forgotten are asthma inhalers.

Want to watch it? Kit check video: <https://youtu.be/C8LfzCOZAJ0>

Behaviour

We want everyone to feel safe, happy, and supported and we work hard to deliver our sessions with the minimum of restrictive rules. This is mountain biking, and we want it to be fun! However, there are a few basics that we need to control to make sure we keep everyone safe, so that our instructors can do their job and the kids can get the most out of the sessions. **The key to this is that your child must show that they are willing and able to follow instructions throughout the session.** If they are unable to do this the emergency contact provided on the booking form will be called to collect them. Please make sure that your child knows what they are signed up for. If children do not want to be there, they are more likely to feel fed up, cross, and perhaps be more prone to being disruptive. Read through the info with them, make sure they feel comfortable with what they are embarking on. We are happy to talk to any parent or child who wants more info prior to booking to be reassured one way or another as to whether our sessions are right for them.