

Location and arrival – Ashton Court

This session will be based in Ashton Court. You can find directions [here](#). Please arrive 10 mins before the session start. An instructor will be waiting by the trail signage near the main building. Do not come to the shop. This is to ease congestion around the building. To allow for ease of social distancing please drop off your child and move away from the group as soon as possible.

Covid19

We will be following British Cycling advice that is in line with government recommendations. The group will be following social distancing of 1m+ unless there is a medical need to break this. At which point appropriate PPE will be worn by the instructor. The group size will be a maximum of 6 including the instructor.

- If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home.
- You may exercise outdoors as many times each day as you wish.
- You can sit and rest outside before, during and after your ride.
- You may drive to outdoor publicly accessible open spaces irrespective of distance.
- In line with UK Government guidance, those aged over 70 should continue to take care to minimise contact with others outside their household.

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. For 7+ session it must be minimum wheels size of 20" with gears. For 11+ it must be minimum of 24" with gears. No BMX or road bikes. Please triple check your child's bike to avoid the need for an instructor to do it. With increased safety precautions in place we will not have time to repair bikes prior to leaving.

Protection: A well-fitting helmet is essential. We highly recommend gloves, knee and elbow pads.

Clothing: Please check the forecast to ensure your child has enough clothing to keep them warm and dry. If it is cold and/or wet, warm gloves are especially important. For 5-hour sessions you can bring a spare change of clothes if the weather looks wet. They can leave this at the shop whilst riding.

Food and water: We recommend bringing a small bottle of water and if you think your child might get hungry a small snack. Due to current restrictions they **will need to be able to carry their own water & snack**.

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.

Behaviour:

Your child must show that they are willing and able to follow instructions throughout the session. This is for the safety of the group. If they are unable to do this the emergency contact provided on the booking form will be called to collect them.

Managing Risk:

We always take safety very seriously. Under the current pandemic conditions we will be taking further steps to reduce the chances of accidents and thus physical contact between the instructor and participants. This may mean the sessions have a different feel to previous. With more off the trail coaching and using safer more controlled sections. Risk assessments available on request.

Please ensure your child's bike has knobby tyres. If they do not they will struggle with grip, be more likely to have an accident and not enjoy themselves. If a bike does not have safe tyres for the conditions your child will not be able to ride.

