

# 2022 Devon Bears Youth Mountain Biking



## Program Guide

### What is Bears?

The DBA-Bears is a weekly youth mountain bike program developed by professional cycling coaches for children ages 7-16. Through various drills, teaching techniques and of course trail rides, we provide participants with the skills and techniques required to ride anywhere, and feel confident doing it!

### Requirements

- Participants are between the ages 7-16
- Ability to ride a bicycle without training wheels
- The desire to have fun and try something new.
- Some Travel Required - not all sessions are in Devon. Some are in Edmonton
- Have a Mountain Bike, in Excellent working condition with:
  - gears
  - two working brakes
  - Knobby tires (not smooth tires)

### Program Fees: \$200

- 8 weeks of programming with a certified coach
- General Membership to the Devon Bicycle Association (includes ABA insurance)
- Cycling Jersey
- Supported Field Trip (On a Sunday, somewhere cool, like the Hinton Bike Park)

### Dates and Location

The Bears MTB program is based out of Devon, Alberta. While the majority of the program is in Devon, we do schedule “field-trip” sessions throughout the program to increase the variety of trails that the Bears get to learn and practice on. So please be aware that some travel is required. WEEKLY newsletters are sent out from the Program’s Head Coach to remind everyone of the upcoming ride schedule and keep everyone informed.

The program runs Tuesday’s from 6:30 – 8pm through the months of May and June.

## **Tentative Schedule (Subject to change)**

**May 3** Location - Devon AB: First day Assessments, Bike and Helmet Check

**May 10** Location - Devon

**May 17** Location - Edmonton TBC

**May 24** Location - Edmonton TBC

**May 31** Location - Devon

**June 7** Location - Edmonton TBC

**June 14** Location - Devon/Edmonton TBC

**June 21** - Final Lesson - Devon

***Sunday Field Trip (Optional)*** - Annual Bears Field Trip and Wrap up - **TBA** (Hinton, Edson or other awesome daytrip equivalent)

## **Equipment Requirements**

There is the potential that we will be riding in cold weather for the first few weeks of the program. As such, please be sure to pack warm gloves and a cold weather jacket.

It is highly recommended that participants carry a small pack for all dates of the program, with a snack, water bottle (if there is no bottle cage on the bike), and spare clothes (jacket, etc.).

## **Participant Checklist: (must haves)**

- A **mountain bike** with gears and functional brakes (no single speed bikes, bmx's, etc. with the exception of kids mountain bikes that have a wheel size of 18" or less - as it can be tough to find a kids bike of this size with gears)
- A "Properly Sized" certified bike helmet - less than 3 years old
- Cycling gloves
- A backpack (with chest straps to keep pack secure while riding)
- Water and snack
- A cold/wet-weather jacket
- A bike bell- It's the rules.
- Bug spray...bugs like bikers

## **Bikes**

We do not require a high-end mountain bike for this program. However, we do require that any bike used in the program be in excellent condition, mechanically tuned and sound, as well as having mountain bike tires, two functioning brakes, and gears.

Please remember that a poorly tuned bicycle affects everyone in the group. Not only does the rider of the bike not have the opportunity to progress as a rider, but also everyone else in the group receives less teaching time as the coach deals with mechanical issues instead of teaching.

If you are in doubt regarding the suitability of your child's bicycle, stop by our partner shop, Shift Happens Bicycle Repair to get it checked out. Shift Happens offers Bears a 10% discount on all parts and accessories and a special tune-up rate. They are ready to help. Make sure your child is set-up for the best experience possible, and book a tune-up in advance.

### **Helmets**

Coaches will conduct a helmet check on the first day of bears. IF ANY COACH finds ANY HELMET that is damaged or is an improper fit - then that child WILL NOT be allowed to participate in the session as it is an extreme safety risk. So if you are unsure of the fit and quality of your child's helmet, please have a professional at a bike shop check it for you before the first day of bears. No helmets and poorly fitted or damaged helmets are not an option.

### **Weather Protocol:**

As it is spring in Alberta for our program, a wide range of weather conditions can be expected. Sessions will be canceled if there are heavy winds or rain or extreme heat. The head coach will send an email notification and social media posts no later than 1pm on Tuesdays.

### **Note About Parent Helpers:**

We often get parents that want to come along on the rides and help out. That's super cool and sometimes we appreciate a few extra hands. However, we do require that Parent Helpers have general ride insurance. So if parent helpers are not already a member of an ABA (Alberta Bicycle Association) affiliated club like the DBA, then they need to purchase a general membership from the ABA for insurance reasons. Or become a member of an ABA affiliated club, like DBA.

### **Covid 19:**

While the current restriction level is allowing us to move ahead with our 2022 spring program, please be aware that like everyone else we are subject to the rules and guidelines put forth by our health officials and sport governing bodies. We recognize that these guidelines and rules can and have changed very rapidly.