



## FAQ

### Will you be doing week long camps?

Not at this stage it is definitely something we will look into for the future. We do offer daily drop in lessons, 3 day camps and 2 day weekend camps for the Bike Park for 8 to 12 year olds only, please see [www.whistlerblackcomb.com](http://www.whistlerblackcomb.com) for more details If you have a winter season pass you will receive \$25 off when booking daily lessons.

I would also be pleased to recommend WORCA who offer week long bike camps for all ages, please refer to their web site [www.worca.com](http://www.worca.com) for more details. These camps are very popular and go on sale in May and they do sell out really fast. I hope this helps.

### Can my 4 year old attend DFX Green?

The 5 year old age limit is our recommendation based on physical and emotional stamina required for a full day of bike riding, however we have definitely come across some 4 year olds that are up to this challenge in both mountain biking and skiing. A typical day includes, 2 hours riding trails, playing games, heading back to Blackcomb Kids for lunch, approximately 2 more hours of riding in the afternoon, playing at a playground and heading back to Blackcomb at the end of the day. The trails we will ride include heading to Lost Lake - building up to Tin Pants and later the single track trails, the easier single track trails in the valley, heading to Meadow Park on the Valley Trail etc. Many of the rides will include a considerable amount of uphill. The requirement is also that each child can ride confidently without training wheels and confidently use hand brakes.

We have accepted children who are almost 5 on the condition that if, at the discretion of the instructor, they are not ready for the program they will be asked to try again next season, a refund for the days not used given will be given and a cancellation fee of \$50 will apply.

If you feel your child is ready, you know them best and know whether they are ready to meet these challenges, we would love to have them come and ride with us. Groups will be sorted on ability and stamina so if they are confident on a bike and used to pedaling fair distances I hope there will be a group that they will fit into.

## EQUIPMENT INFORMATION

### Why do bikes have to have hand brakes?

Hand brakes are essential for riding trails safely, as they give a much greater level of control than coaster brakes. We have found that if kids have both coaster brakes and hand brakes they will always use the coaster brakes and as soon as that choice is removed they progress quickly with the hand brakes. The coaches will help teach the correct braking techniques to allow independent use and finesse for controlling speed. We are hoping to progress all groups to single track trails with roots, rocks, ladder bridges and maybe even a rock face or two, hand brakes are critical for safe descending down such features. Even going on the Tin Pants trails (the wider gravel trails at Lost Lake) using coaster brakes would give less control as on gravel they skid and slide very easily.

For more information or to book please call Whistler Blackcomb  
Guest Relations at **1.800.766.0449**



## Do I need gears?

Gears are recommended as we do a fair amount of climbing but as the gearing ratio on kids bikes aren't always ideal they can do without if necessary.

## Where can I find a bike small enough for my 5 year old?

The most important thing when choosing a bike is how it fits, when looking for a new bike make sure you take your child with you so they can get on and pedal around. Bikes need to have front and back hand brakes and no coaster brakes.

All bikes are different in size despite the wheel or frame size, as the shape of the bikes are all so different. It is confusing as some company's measure in wheel size and others measure in frame size.

Some Brands to look out for:

Kona (available at W/B store and Tantalus Bike shop, Squamish) - Makena 20" 11" frame. Shred 2-0 20" wheels with disc brakes.

Giant (available at Tantalus and Whistler Bike Co) – XTC JR 20 has 20" wheels, but has a dropped top tube so may fit better.

Specialized - Hotrock 20 6 speed has 20" wheels but is another bike with a dropped top tube for a better stand over height.

Norco – Voltage (boys) HiFi (girls 20" wheels. Be warned all other small Norco's have coaster brakes and hand brakes.

The slightly more expensive bikes by 'real' bike companies, rather than those from Canadian Tire or Wal Mart, are better as the frames are lighter and the components (particularly the brakes) are of a higher quality and easier to use.

There are also several BMX bikes that have 16" wheels and have hand brakes, they do not have gears but several of the children had these bikes last year and they worked really well. BMX often come with only a back brake, a front brake can be added by most bike shops for around \$30.

Giant Method 16 – 16" wheels

Specialized Fuse 16 – 16" wheels

These are really solid bikes and will last, can be used in stake park etc. even after children have grown!

Bike shops may also be able to modify a smaller bike by adding different parts or cutting the seat post or frame of a larger bike. I would also look into bike shops in Vancouver may give you a better selection. You could also ask around for second hand bikes or look on Craig's List. Or see what is available at the gear swap.

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### **What should my child wear?**

For riding regular shorts and t-shirt work well, with a sweater for the colder days. Closed toes shoes and socks, no flip flops or sandals please.

A well fitting helmet is mandatory, please ensure that your child's helmet fits well and covers the forehead. Full face helmets are required for DFX Blue Park days. Full face helmets can be used for trail riding but can be hot on warm days.

Arm and leg armor recommended but not required (required for DFX Blue on park days)

Wet weather gear (jacket and pants) is recommended as we will be riding if it is raining.

Please apply sunscreen in the morning and have some available so the coaches can help them reapply at lunch.

Please label all equipment and clothing.

### **Where can I find kids sized body armour?**

They are hard to find and in the past we have recommended using adult arm pads for leg pads, bmx or skate board pads are an option for arms. Try at the Garbanzo Bike and Bean or any of the other bike store in town, they might also have suggestions as to where else you can find some.

We will also be doing a Gear Swap night in early May if other parents have equipment their kids have outgrown.

## **LOGISTICS**

### **Is lunch provided?**

Lunch is not provided so a bagged lunch will be required. Lunch will be eaten at Blackcomb Kids where lunch packs can be left inside and a fridge is accessible. Please provide snacks that are suitable for your child to carry with them on the trail.

### **Will water be accessible?**

Water will be available at lunch but while we are on the trails they will need to carry their own water, a hydration pack or water bottle carrier attached to their bikes are recommended.

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## What is a typical day like?

### DFX Green:

Meet from 8.45 to 9.15am, groups will leave to ride at 9.15, please be on time and ready to go. Groups will ride for approx. 2 hours, have a chance to play at one of the many parks and playgrounds on our rides. Head back for lunch at 12.30 at Blackcomb Kids Club House, sometimes on longer 'expedition days' lunch may be taken with us. 2 hours or so riding in the afternoon, depending on the stamina of the whole group. During the afternoon there will be a chance to play back at the 'club house', doing crafts, playing miniature golf, paddling at the lake or playing at a playground on route. Pick up is at 3.30 back at Blackcomb Kids, each child must be signed out with the coach by a parent, if your child will be picked up by someone else please inform the coach in the morning.

We will be riding in all weather, so please make sure your child is prepared with rain gear and sunscreen! If the weather is really nasty we can hang out at the 'club house' and do crafts, watch bike movies and play games.

### DFX Blue:

Meet from 8.45 to 9.15am, groups will leave to ride at 9.15, please be on time and ready to go. We will be riding either on the trails or in the Bike Park for most of the day. Lunch will be at 12.30 back at Blackcomb Kids, sometimes on longer 'expedition days' lunch may be taken with us. Depending on the groups stamina breaks will be taken in the morning and afternoon as needed but the majority of the day will be on our bikes. Pick up is at 3.30 at Blackcomb Kids and each child must be signed out by a parent, if your child will be picked up by someone else please inform the coach in the morning.

We will be riding in all weather, so please make sure your child is prepared with rain gear and sunscreen!

### DFX Black:

Meet at 9.30 on The Bike and Bean Patio ready to ride at 10.00 when the park opens. The day will be spent ripping up the trails in the Bike Park. Lunch will be eaten on the Bike and Bean Patio, a bagged lunch can be stored or lunch can be brought from the BBQ. Pick up will be at 3.30pm and each child must be signed out by a parent unless otherwise arranged with the coach.

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