



It is **Essential** that your bike is clean and in good working order just as it would be if you were riding an important race.

Participants should have **All** of the below kit as well as the correct bike set up, riders who do not have the appropriate kit or set up could be refused the opportunity to ride.

✓	On Bike
	Clean, well maintained Bike
	Spares, tubes x2, speedlink
	Multi-tool, tyre levers
	Mini-pump
	Cleats fitted to bike
	Flat pedals for skills session
	Appropriate clothing –NO GB or trade kit – be proud of your club kit!
	Leg / Arm warmers – if it's under 16deg. We cover up!
	Helmet, cycling shoes and flat pedal shoes
	Spare kit for changing into for PM session
	Rain Cape, spare gloves
	Food for riding: Small sandwiches in foil, cereal bars, bananas are good examples. As a guide, we use 1 bar per 45mins
	Bottles – 1 per hour, you'll be able to refill lunchtime so don't bring 8!
	All should be packed in a cabin size bag as if flying – a small rucksack can also be used.

✓	Off Bike
	Warm Leisure wear- trackies / hoody is ideal
	Warm Hat
	Suitable clothing for bike washing
	Wash kit / towel
	Note pad & pen
	Quality lunch
	Quality post session food – carbs & protein
	Bike wash kit
	Drying clothes
	Lubes
	Old chain
	Newspaper

Please watch the following video prior to the session giving a good insight to how a professional cleans an MTB bike:
<http://www.parktool.com/blog/repair-help/bike-washing-and-cleaning>

<https://www.youtube.com/watch?v=TLL9aG0Tvng>

It is vital that you understand how to use all of the kit that you bring with you on the day and that it is appropriate to your set up.

Hydration packs are fine for Race Training Sessions although are not widely used for XC racing so may be a hindrance when training – they may be left at the side of trails but at riders own risk – Pine Sport accept no responsibility to any kit loss.

Baggies may be worn at rider's choice. They are not a common sight in the world of XC racing barring those who's Sponsors instruct otherwise. They are however a good choice when the weather is not great during coaching sessions.

Please dress for the weather conditions at the time of the session. Warm clothing for lunchtime and after the session is vital as is a warm hat as most of your heat loss is from up top! Check the weather forecast before you pack your kit bag for the session.

We reserve the right not to allow you to participate if we feel that you not are appropriately dressed or equipped for the session



Parental Consent

I, being the parent/guardian of _____ understand and agree that my son/daughter participates in coaching sessions under instruction by British Cycling qualified coaches entirely at his/her risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume responsibility for his/her safety.

Signed: _____ Date: _____

Notes

- It is part of British Cycling Code of Conduct and Code of Ethics to ensure that reasonable steps are taken to establish a safe environment where the youngsters can enjoy developing their cycling skills.
- The coaching sessions will take place at a traffic free facility. Youngsters are expected to remain in the session from beginning to end unless prior arrangements have been agreed.
- Any youngsters who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is the parent's responsibility to ensure that their child's bike is in a safe condition to ride.
- A cycling helmet must be worn at all times during the coaching sessions, it is also a good idea to wear gloves at all times – they MUST be when cold!

Emergency Contact Details

Name: _____ Relationship to participant: _____

Mobile Number: _____ Home Tel: _____

Medical Information

Please make a note of any medical conditions you feel we need to know about below:

Please Note:

- Pine Sport are not responsible for any loss or damage to equipment before, during or post session
- Pine Sport will operate within British Cycling L3 or L2 Coach guidelines at all times
- Riders will not be expected to partake in any activity that they are not comfortable with, 'B' lines to any feature deemed necessary to have one may be used.
- Pine Sport may at times instruct a rider that they are only to use a 'B' for their own safety which will be based on a dynamic Risk Assessment and observations of riders current ability
- Pine Sport reserve the right to not accept any rider that on the day is deemed to be not dressed appropriately for the local conditions and or forecast
- Pine Sport reserve the right to exclude any rider who's bike does not meet current safety regulations or British Cycling Technical regulations for the given discipline