



covert
dirt camps

BIKE SKILLZ

Junior Mountain Bike and Cycle Active Club

**OPEN DAY - SAT 26TH MARCH 2011, 10AM-12PM,
HAYSHEAD PRIMARY SCHOOL, ARBROATH**

Please Ensure You Bring:

- ☉ A signed consent form, available from Active Schools Co-ordinators
- ☉ A working bike which has been checked in advance for safety
- ☉ A cycling certified helmet (You will not be allowed to take part without one)

We Recommend:

- ☉ Wearing trousers or shorts if possible
- ☉ Wearing trainers if at all possible

**FOR MORE INFORMATION-
SPEAK TO AN ACTIVE SCHOOLS CO-ORDINATOR, OR
VISIT WWW.COVERTDIRT.CO.UK, TEL. 01241 890722**

- ☉ Get Fit, Stay Fit, Get Involved, Have Fun
- ☉ British Cycling Affiliated Club
- ☉ Speak to our Instructors, Find out More
- ☉ Cross Country, Downhill, Dirt Jump etc.
- ☉ See our Club Itinerary
- ☉ Qualified MBLA Instructors
- ☉ Learn on our Bike Assault Course with Ramps, See Saws and Other Obstacles
- ☉ Encourages Rider Safety and Enhanced Cycling Skills
- ☉ Skills Sessions, Games, Races, Prizes
- ☉ GO MOUNTAIN BIKE Proficiency Award Provider

FREE



CAMP BOOKING & CONSENT FORM



Please indicate which camp you would like to book a place for:

Camp Date _____

Camp Venue _____

The cost of each camp is ____ per person. You can pay for your camp place online, over the phone, or pay on the day. To book a place on the above camp/s please complete all the information in the form below. If you are under the age of 16, please get a parent or guardian to fill in this form.

Parent/Guardian Full Name _____

Participants Full Name _____

Participants Date of Birth _____

Participants Current Age _____

Participants Primary School _____

Home Address _____

Telephone _____

Mobile _____

Email _____

Emergency Contact Name _____

(please supply an alternative contact name)

Emergency Contact Tel. _____

(please supply an alternative Tel.)

Medical Data/Additional Support Needs

Please supply any details you consider of importance. eg. Medication, Doctors Name, Medical Practice etc.

1. I am the parent or guardian of the participant(s) attending the camp/course and/or I am over the age of 16 and give my consent for the participant named to attend the camp/course and agree to pay the appropriate fee for the camp/course.

2. Each participant is expected to attend with suitable equipment/food/fluid for the chosen camp/course. We strongly recommend that the participant bring a change of clothes. Any equipment/bicycle that the participant brings and intends to use on the camp/course has been checked and deemed safe for the intended use on the camp/course by the parent/guardian/participant (if you require advice on this matter please contact Covert Dirt).

3. Cycling certified helmets are compulsory and Covert Dirt (AMX) strongly advises the use of cycling gloves and additional knee/elbow pads as required.

4. To the best of my knowledge the participant is medically fit to participate in the activities involved. I undertake to notify Covert Dirt (AMX) in the event of any relevant changes in fitness which may take place prior to the excursion.

5. I understand that Cycling and Mountain Biking by their very nature can be dangerous sports and, while Covert Dirt (AMX) will do everything in its power to ensure the safety of participants, Covert Dirt (AMX), its instructors, volunteers, helpers and the land owners/managers whose land the camp/course is being run on cannot be held responsible for accidents, personal injury, death or loss of any kind while attending a Covert Dirt (AMX) camp/course.

6. The participant(s) accepts that risk of serious injury is a part of mountain biking and has the option to withdraw from any activity at any point during the camp/course should they feel uncertain about proceedings.

7. In the event of an accident the parent/guardian/participant agrees to receive emergency medical/surgical/dental treatment as considered necessary by the medical authorities present.

8. Camps/courses are non-refundable but are transferable if Covert Dirt (AMX) is notified 14 days prior to the booked date.

9. Covert Dirt (AMX) reserves the right to cancel camps/courses if there are fewer than four participants booked. Should this occur, transfer to another camp/course date or a full refund will be offered by Covert Dirt (AMX).

10. Should the weather or ground conditions be deemed unsafe or make it impossible to run a Camp/Course, an alternative date/session will be offered to suit the customer. Covert Dirt (AMX) aims to inform the participant and make decisions on weather as early as possible; however this may be on the morning or during the duration of the camp/course.

11. Should a camp/course be cancelled or cut short due to weather conditions, Covert Dirt (AMX) will do everything in its power to offer an alternative date.

12. Covert Dirt (AMX) reserves the right to stop any session and/or omit a participant without a refund should the Covert Dirt (AMX) representative deem the participant either dangerously unprepared, having provided inaccurate information or their actions are deemed inappropriate to the detriment of others which may result in causing danger to themselves and/or other camp/course participants.

13. On occasion we may film or photograph Camps/Courses as an aid to the learning/ coaching process and/or for marketing purposes. You must inform us if you expressly do not want the participant's photo/video/film to be used in this fashion.

14. The information you have provided [on this form] will be used by Covert Dirt (AMX) (the "data controller" for the purposes of the Data Protection Act 1998) in order to process the Camps/Courses/Excursions Form, and for managing our database. The information will be held securely by Covert Dirt (AMX) and will be treated as confidential except where the law requires it to be disclosed.

I have read and accept the above terms and conditions and would like the participant named above to take part.

Signed: _____ Dated: _____

Please return this form to the school. For more information please refer to our website: www.covertdirt.co.uk

Bicycle Safety Checklist



Name _____

Date _____

Bicycle Size - As a guide, when sitting on the saddle the rider should be able to touch the ground with the toes of both feet.	<input type="checkbox"/> Too big	<input type="checkbox"/> Too small
Frame/Forks - Cracks, bends or rust can seriously weaken a frame or forks.	<input type="checkbox"/> Cracked	<input type="checkbox"/> Bent
Saddle - The saddle should be at a comfortable height and should not be loose. The safety mark on the stem must not be visible.	<input type="checkbox"/> Too High <input type="checkbox"/> Loose	<input type="checkbox"/> Too Low <input type="checkbox"/> Safety mark visible
Handlebars - Should be the same height as the saddle and they should not turn independently of the front forks. The safety mark on the stem must not be visible.	<input type="checkbox"/> Too High <input type="checkbox"/> Loose	<input type="checkbox"/> Too Low <input type="checkbox"/> Safety mark visible
Steering - Apply the front brake and attempt to rock the bike backwards and forwards. There should be no movement in the Steering Head.	<input type="checkbox"/> Loose	<input type="checkbox"/> Very Loose
Brakes - Brakes should be checked before every ride. Apply the front brake (right hand lever) and push the bicycle forwards. If the front wheel turns, the brake is not working properly. Apply weight to saddle and repeat with rear brake (left hand lever). When sitting on the saddle the rider must be able to reach and operate the brake levers. The brake blocks should grip the rim of the wheel, and should not be worn. Cables should not be frayed.	<input type="checkbox"/> Brake blocks in wrong position <input type="checkbox"/> Frayed cables <input type="checkbox"/> Levers touch handlebars	<input type="checkbox"/> Front brake not working <input type="checkbox"/> Rear brake not working <input type="checkbox"/> Rider cannot operate levers properly
Wheels - Should spin freely without rubbing against the frame, forks or brakes, and they should not wobble from side to side. Check the wheel nuts or quick release levers are fully tightened before every ride.	<input type="checkbox"/> Front wheel buckled <input type="checkbox"/> Rear wheel buckled <input type="checkbox"/> Spokes missing	<input type="checkbox"/> Front wheel wobbles - tighten cones <input type="checkbox"/> Rear wheel wobbles - tighten cones
Tyres - Should be pumped up hard. The tyre tread must not be worn or split.	<input type="checkbox"/> Front tyre worn <input type="checkbox"/> Front tyre worn and dangerous <input type="checkbox"/> Front tyre soft	<input type="checkbox"/> Rear tyre worn <input type="checkbox"/> Rear tyre worn and dangerous <input type="checkbox"/> Rear tyre soft
Pedals - Should spin freely and be fitted with amber pedal reflectors.	<input type="checkbox"/> Missing <input type="checkbox"/> Worn <input type="checkbox"/> Broken	<input type="checkbox"/> Reflectors missing <input type="checkbox"/> Oil required
Chain - The chain should be oiled about once a month.	<input type="checkbox"/> Oil required	
Reflectors - Bicycles should have a red rear reflector, a white front reflector, white or amber spoke reflectors (on each wheel) and amber pedal reflectors. They should be clean and securely fixed.	<input type="checkbox"/> Missing <input type="checkbox"/> Loose	<input type="checkbox"/> Broken <input type="checkbox"/> Dirty
Lights - Cyclists must have a working front and rear light when riding at night. They should meet the British Standard and be fitted centrally or on the right-hand side of the bicycle.	<input type="checkbox"/> Dirty	<input type="checkbox"/> Incorrectly positioned
Rider - Cycle helmets should be worn and have a CE mark and meet the British Standard EN 1078 or Snell B.95. They should be a suitable size and fitted correctly. Cyclists should be encouraged to make themselves visible by wearing bright clothing. Long hair should be tied back and hats should be worn in preference to hoods. Suitable footwear should be worn. Untied laces, baggy trousers and long skirts can become entangled in the chain or wheels.	<input type="checkbox"/> No Helmet <input type="checkbox"/> Helmet incorrectly fitted <input type="checkbox"/> Helmet damaged	<input type="checkbox"/> Hair should be tied back <input type="checkbox"/> Inappropriate footwear

Most cycle shops can give advice or carry out repairs. It is a good idea to have your bicycle checked at a cycle shop once a year.

**BIKE
PROBLEMS?**

Call Covert for Free Independent Advice
 Repairs Servicing Collection Service

covert
TEL.01241 890722