



Mountain Biking Super Camp for kids Details & FAQ Sheet

Thanks for your interest in our MTB Super Camp for kids, the course is designed to progressively build skills and confidence essential not only for Mountain Biking but for general bike riding. Each module builds on skills or outcomes learnt and perfected in the previous one.

Day 1: Venue: Tai Lam Country Park:

Bike check, getting started, gears, braking, slow speed control games, observation, standing, balance skinnies course, teeter totter, steps, drops

Day 2: Venue: The new Gold Coast MTB park:

Maintenance lesson, fixing a flat tire, pump track lesson & games, drops, cornering, advanced braking, journey planning

Day 3: 13km MTB Ride

Your big chance to put all the above skills to use in one truly epic MTB ride.

What we provide: Bikes, helmets, gloves, knee & elbow pads, water, bus from Sunny Bay MTR to the venue.

What your child needs to bring: A packed Lunch, a light rain jacket, sneakers or trainers (No Sandals or Crocs), a spare dry clean T-shirt, a hat for wearing between riding.

What your child could also bring: Snack food(not all sugar based), Soft drink, their own helmet & gloves, a small towel

Frequently Asked Questions:

How safe is this activity for my child?

Put any activity involving speed and balance together and you bring in an element of both excitement and often overlooked by the participant, risk. Some provider's idea of managing risk is by supplying safety equipment such as helmets and hoping that will soften the blow, it may do but safety equipment really is the last line of defense.

We manage risk at source by making sure our course structure minimizes the risk of an accident in the first place. Our UK based course is the most comprehensive MTB skills training available in Hong kong taught by experienced & qualified Mountain bike instructors at risk assessed locations we use on a regular basis. This drastically reduces risk though of course we still wear helmets, pads & gloves because it can never be totally eliminated.

What are your ratios?

We operate at 6 participants to 1 instructor.

Where are your Instructors from and are they first aid trained?

Our instructors are from the UK with our lead instructor holding Wilderness First Aid qualifications(WMI).

What other relevant qualifications do they hold?

We hold both MIAS (Mountain Bike Instructor Award Scheme) L2 and Fully Accredited Bikeability Instructor qualifications.

Can my child bring their own equipment?

We do actively encourage kids to bring their own helmets & gloves (whilst we do provide these anyway). We would however discourage them from bringing their own bikes given the logistical issues especially when coming from further afield.

How far will the kids be riding?

The longest day in terms of distance will likely be the last day when we will choose a route applicable to the weather in question (being mid-summer) and the group's ability as a whole. Between 13km and 18km would be a likely distance.

How long is the transit time from Sunny Bay?

Approximately 20 minutes.

Any other lunch options?

Due to the remote location of the camp a packed lunch and a little snack food is the only option. We will be at least 5km from the nearest shops & restaurants and due to time constraints will not be allowing participants to ride to the shops if they require fast food!

Will this still go ahead if it rains?

In the event of, or the likely hood of extremely heavy rain: Red, Black Rainstorm or T3 & above we will contact you before pick up time with regard to a re-schedule of the day (possibly to the next day). Once your child is on camp we realize it may be impossible to pick them up before the normal designated time so we will seek to work around the prevailing conditions as best possible.