



Kids & Youth Freeride Bike Camps FAQ: Summer 2023

What is the cost? How long is the camp?

\$485 per child/youth (+GST). 4-day camps 10:30 am – 4:30 pm.

The coach will be ready to greet you at 10:15 am at the Summer Mountain Adventure School meeting area, next to the bike skills park, across from the bike rental pick up area. The groups leave at 10:30 am and return for pick up at 4:30 pm. Minimum four kids for camp to run.

What are the ages/abilities for the camp?

Kids Freeride Camps: 8-12yrs	Youth Freeride Camps: 13-16yrs
Beginner– June 26-27 (2 day), July 31-Aug 3	Beginner – June 28-30 (3 day), Aug 7-10
Intermediate – July 3-6 / Aug 14-17	Intermediate – July 10-13 / Aug 21-24
Advanced – July 17-20 / Aug 28-31	Advanced – July 24-27

Where/when do I show up?

Please arrive at 10:15 am, at least 15 mins before meeting the coach and getting organized for the camp. If you need to get equipment and/or a lift ticket, we recommend you arrive half an hour before your lesson start time, as you will need to sign waivers and get set up with your bike and equipment rentals, plus a lift ticket (if necessary). Due to limited availability, pre-purchased rentals/tickets is recommended. Your tickets will be available for pickup at Guest Services in the main plaza.

Do parents/guardians need to sign waivers?

Yes. Anyone aged 15 and under will need a parent/guardian to sign waivers on their behalf. 16 years and up can sign their own waivers without a parent/guardian present. Two waivers per child are required an event and parent consent waiver. Below is the link to the online waivers:

- **Event Waiver - <https://passes.skircr.com/waiverNSEvent/signupFull.aspx?w=event>**
- **Parental Waiver - <https://passes.skircr.com/waiverNSEvent/signupFull.aspx?w=parental>**

What is included in the camp? What should I bring?

Prices include instruction only. Bike rentals and lift tickets are available for reservation in advance with a 15% discount for camp participants. A well-tuned bike with disc brakes (rentals available), riding gloves, full face helmet (required), arm and leg pads (rentals available), hydration pack/water, snacks, sunscreen, extra clothing, biking shoes with soft flat soles.

What skills will be learned?

Skills covered in the camps: Neutral position, bike-body separation, braking, descending, crouched and standing, cornering, switchbacks – on level terrain, descending terrain, front-wheel lifts – basic and pedaling, straight-line riding, introduction to riding on elevated obstacles, introduction to airs.

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Fernie Alpine Resort

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“OUR MISSION IS TO PROVIDE OUR GUESTS WITH THE BEST VACATION AND RECREATIONAL EXPERIENCE POSSIBLE

Are there any COVID-19 Health and Safety rules?

Absolutely! Coaches and guests are to adhere to the social distancing policy of 6 feet or 2 metres at all times. The coach will verbally conduct a health assessment questionnaire of each participant at the start of the lesson. The questions are in place to screen for COVID-19 symptoms. The lesson will be postponed if any of the coaches feel it is unsafe to continue.

Our programs adhere to the BC COVID-19 regulations, and details may change throughout the summer season. Maximum group ratios for all lessons 6:1 students to coach. At the start of the lesson, the coach will discuss COVID-19 risk management and safety rules before starting the lessons. These rules are best practices developed by PMBIA and FAR. The key points here are:

1. Ride at your own pace! Stay in Control! Fun, no pressure environments are essential for safe, effective learning while reducing the probability of a 1st aid call.
2. Leave each other space! Distance between each rider on the trails is crucial for safety and learning. A distance of 6-10 seconds is required during Covid-19. Remember, riders are breathing heavier when being more physical.
3. Stop in a safe place! All riders must stop to the side when stopping, so the trail is accessible for others users to continue through, always adhering to the 2m distancing rule.
4. It's not a race! Only pass a rider when there is at least a 2m space between riders when passing. Signal your intention, slow down, and wait for the other rider to provide sufficient space before passing.
5. Be kind and take it easy! If in doubt, stop.

Will I have to wait long in the lift line during the lesson?

No. The Summer Mountain Adventure School has a priority line to get up the lift quickly to get the most out of your lesson time. Please follow the lift loading instructions by staff each time you load the lift. The coach will have the option to ride the lift in front or behind.

What happens if I need to cancel my lesson?

The following refund/cancellation policies apply:

- Full refund when notice is given at least 24 hours prior to the start of the program.
- \$50 (plus GST) cancellation/re-booking fee within 24 hours.
- No refund for no show.



Welcome to Fernie Alpine Resort Bike Park

If you are new to downhill biking or have never been to Fernie Alpine Resort (F.A.R.) we have put together a few tips to ensure you have a legendary time.

Get the Gear

PROPER SAFETY GEAR FOR MOUNTAIN BIKING



Downhill mountain biking is quite different than riding the road or cross country trails in your neighborhood. At F.A.R. you should expect to encounter rough terrain with rocks, roots, and loose surfaces. We recommend that all guests riding at Fernie Alpine Resort have full suspension bikes with at least five inches of travel to reduce the 'bumps' you may experience along the way. In a properly sized bike, you should be able to stand over your bike with a few inches of space between yourself and the frame. In addition, you should be able to reach the brake levers easily with one or two fingers. While some of our trails have short climbs, MOST of our trails are all downhill; that means that you will need extra-strong brakes that can handle constant use. We strongly recommend that all mountain users have properly functioning disc brakes and that you are familiar with their use. You

MUST check your bike before every ride, that includes brakes, quick releases on the wheels and other moving parts. Every guest is encouraged to wear safety gear which includes a properly fitting full face bike helmet (required for all lesson participants), arm and leg pads, bike gloves and eye protection such as goggles or sun glasses. Helmets are mandatory for all bike park users at F.A.R.

Know Where To Go

Legendary Rides

GET GOING (green)

New to mountain biking? Try a pedal out Boom Trail and return to the base on Cedar Trail - both are smooth fire roads with great views. Ready to get rolling downhill? Try Deer Trail - a wide, machine-made, flowy, bumpy, roly trail with gentle downhill grades. A great progression after mastering these trails is to link Ben's Big Rig to Eville / Honey Bee / Duff Dynasty - slightly steeper and more variable terrain with small obstacles like roots and rocks to navigate and larger berms and rollers.

STEP IT UP (blue)

Now you've got some skill, love flow and are looking for a challenge. Check out the ultimate loamy Fernie single track trail - Hollow Tree. Open it up on Top Gun - a machine-made trail full of berms and jumps. Test your skills on one of Fernie's original trails - Ewok - designed with medium height wood features that snake their way through the forest.

MASTER CLASS (black diamond / double black diamond)

Gain some altitude on Alternate Flight Pattern - a Fernie classic with some of the largest wood features at the resort. If technical, steep & fast is your thing, try Will Power - one of our original DH trails, winding fast and fall line through the forest. For your next lap, check out Rubber Ducky, the ultimate double black flow trail, loaded with advanced features and mega berms. JUMP SKILLS REQUIRED.

Get There

The Elk Chair offers a wide variety of riding for all abilities and is open 7 days. At Fernie, we use hooks on the backs of the lift chairs to hold your bikes as they travel up mountain. While it may appear challenging, it is quite easy to load your own bike on the lift. If this is your first time loading your own bike, watch a few people do it first, ask for assistance from the Lift Operator if you are unsure and give it a try yourself. Once your bike reaches the top of the lift, the Lift Operators will unload it for you and place it to the side for you to grab and bike away!

Fernie Alpine Resort staff are on hand at all times to assist you with any questions, comments or concerns. Just look for someone with a name tag and we will ensure you are forwarded on to the right specialist on our crew.

**For on mountain emergencies you can contact our
Patrol at 250-423-2426**