



PEDALHEADS[®] TRAIL

Parent handbook

WELCOME TO PEDALHEADS®

This handbook outlines what to expect and what to bring for a fun week at camp! Click on the level to bring you straight to the page you registered for:

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Intro to Trail**

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Need to know more about this program? Click on these resources!

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Let's Get Riding!

Contact our Customer Care Team if you need to make any adjustments to your registration: 1-888-886-6464 or info@pedalheads.com

TRAIL 1: INTRO TO TRAIL

WHAT TO EXPECT

Focused on **FUN** and **EXPLORATION**, these campers will get to explore nearby local areas by riding along various bike paths and trails. Campers will be introduced to riding on different surfaces and develop their skills, such as steering, control and riding in a group. Campers will also learn about trail etiquette, how to bike safely and develop their stamina throughout the week.

Campers will be riding on beginner paths. Every location has different surfaces and widths of trails available.

YOUR CHILD IS 4-6 YEARS OLD AND CAN ALREADY:

Confidently ride independently on two-wheels

WHAT TO BRING

A bike in working order:

14" + bike

Coaster brakes OK, hand brakes preferred

No training wheels

Properly fitted helmet

Backpack – only pack what your child can ride with! No cross bags.

Water bottle or hydration pack

Nut-free snack

Any required medication, such as an EpiPen

Weather appropriate clothes

Closed toed shoes – rain boots or closed toed sandals are not ideal for this riding program (running or athletic shoes are best!)

Sunscreen and/or bug repellant already applied! As outlined in our policies, we only reapply sunscreen in our full day programs unless requested otherwise by parents.

SUGGESTED EQUIPMENT:

☐

Spare bike tube

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Bike gloves

TRAIL 2: BIKE CONTROL

WHAT TO BRING

A bike in working order:

16" + bike

Hand brakes

Gears

Properly fitted helmet

Spare bike tube

Backpack– only pack what your child can ride with! No cross bags.

Water bottle or hydration pack

Nut-free snack

Any required medication, such as an EpiPen

Weather appropriate clothes

Closed toed shoes – rain boots or closed toed sandals are not ideal for this riding program (running or athletic shoes are best!)

Sunscreen and/or bug repellent already applied! As outlined in our policies, we only reapply sunscreen in our full day programs unless requested otherwise by parents.

WHAT TO EXPECT

In this level, we **GET GOING** on the trails! Campers will ride on a variety of surfaces, develop their skills going up and down hills using their gears and brakes effectively, learn about trail etiquette, and be safely introduced to minor features (if available in your area).

Campers will be riding on beginner trails with a variety of surfaces or focusing on stamina and distance while riding on paths. Minor features may be available depending on riding location. These include small roots, rocks no bigger than their wheel, drops no bigger than a curb, and wooden equipment with spotters.

YOUR CHILD IS 7-10 YEARS OLD AND CAN ALREADY:

- Confidently ride independently on two-wheels and a desire to ride on uneven terrain
- Can use front & back hand brakes
- Can currently ride 5kms on paths

SUGGESTED EQUIPMENT:

☐ Bike gloves



TRAIL 3: OBSTACLES

WHAT TO EXPECT

In this level, campers get to **ADVENTURE** by exploring local trails! The focus will be to practice the skills to safely ready campers for riding novice to intermediate trails in your area and ensure campers know proper trail etiquette. This will include developing skills such as a camper's comfort riding on various surfaces, basic cornering and pumping, obstacle and hazard dodging, uphill and downhill riding, introducing small features*, and going on longer rides all while being safe.

*Small Features: Sections with roots, rock rolls smaller than a camper's bike, drops no bigger than a curb, wooden features no higher than 1 ft off the ground. These features vary by location.

YOUR CHILD IS 7-10 YEARS OLD AND CAN ALREADY:

Ride 10km comfortably on a path and a desire to be exposed to small features and uneven terrain (roots & rocks)

WHAT TO BRING

A bike in working order:

16" + bike

Front and back hand brakes

Gears

Properly fitted helmet

Spare bike tube

Backpack – only pack what your child can ride with! No cross bags.

Water bottle or hydration pack

Nut-free snack

Any required medication, such as an EpiPen

Weather appropriate clothes

Closed toed shoes – rain boots or closed toed sandals are not ideal for this riding program (running or athletic shoes are best!)

Sunscreen and/or bug repellent already applied! As outlined in our policies, we only reapply sunscreen in our full day programs unless requested otherwise by parents.

SUGGESTED EQUIPMENT:

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Knee pads and gloves are highly recommended

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Front suspension (shocks) recommended