



Shrewsbury School Activities

Basic Information for Mountain Bikers

I am very pleased that your son/daughter has opted to take mountain biking as his chosen activity for Thursday afternoons next year. This letter is intended to give you some useful background information in advance of the start of term so that he can return well prepared for the first trip.

He will need a mountain bike that is in sound mechanical condition, it does not need to be the latest top-of-the-range model, but it will have to cope with weekly trips to some quite demanding terrain, sometimes in very poor weather over the winter. If you were thinking of buying a new bike then I would suggest buying something that could be classified as 'enduro', 'freeride' or 'downhill' (bike shops, or your son/daughter should know what this means). Decent front-suspension bikes start at about £500 and full-suspension bikes at around £1200. A helmet is compulsory, but read the kit list below for other items. A good lock and chain is also highly recommended.

There will always be 2 members of staff accompanying the group. We are both first aid trained and carry tools and emergency equipment at all times. There are hazards and a degree of risk associated with this kind of activity and I assure you that we will do what we can to provide cover and anticipate undue risks but accidents do occasionally occur. Having said that, this is an exciting and very rewarding activity. We have some incredible mountain biking venues within close range of the school. I look forward to getting started in September.

Format of Trips

- 2 Days before – let me know if you cannot go (for a sound reason)
- PAK orders packed lunches, submits risk assessment form and orders late teas
- The night before, get your kit ready and check your bike
- Meet with your bikes and kit at the back of KH 1.15pm
- Travel to venue
- Ride as instructed
- Regroup at agreed time
- Travel back
- Clean bikes
- If we are going to be back after 7pm, go to late tea
- Check your bike, so that you can fix anything in good time for next week
- Note, Field Days may incur extra charges for uplift services and pub meals

Your Bike

- Must be safe
- You should check (front to back)
- Front wheel, wheel in, quick release leavers tight, spokes not broken or loose, Tyre pressure and tread OK
- Handlebars, stem, grips and forks, all securely held in place, check bolts
- Brakes, pull on levers both nice and tight, no loss of power, check pad wear from time to time, check rotor bolts
- Drive train, gears work, chain running smoothly, no bent teeth on cogs, chain rings bolts secure, no play in bottom bracket
- Pedals, turn freely, no play on axel
- Rear wheel, wheel in, quick release leavers tight, spokes not broken or loose, Tyre pressure and tread OK
- Suspension components, nothing loose or bent, smooth movement
- Apply oil each week



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- Mondays in Societies' hour PAK is available at the bike shed for bike maintenance advice, we have tools and oils etc.

Your Kit

- Helmet must be worn, check it fits well and is not damaged, a full-face helmet is recommended
- Shin/knee pads highly recommended. Elbow pads recommended. Gloves highly recommended
- Riding kit, including footwear and eyewear should be appropriate for the conditions
- Wet weather gear highly recommended for winter riding
- Change of clothing recommended, when it really gets ugly
- Hydration pack (Camelback) recommended, or at least bring backpack with drink bottle and snacks, especially on longer days out
- Mobile phone is useful for contacting you, and in emergencies
- If you suffer from asthma bring your own medication (inhaler) with you

Riding

- Listen to instructions
- Don't ride on your own
- Stick to the agreed location
- Take care of yourself and your riding mates
- Know your own limits, don't attempt more difficult lines until you are confident
- Check your bike from time to time, stop riding if there is a strange noise coming from the bike, seek help if you are unsure (this could save money as well as your bones)
- Make sure you are back at the bus at the agreed time

Emergency

- If serious, you must deal with the immediate effects the best you can (first aid) and contact a member of staff as soon as possible.
- Check the trail is safe, warn other riders. Stay calm and think about the facts - where you are, how the injury occurred, assess the state of the casualty.
- Don't move if back/neck injury is suspected
- Group to gather, no further riding until further notice from member of staff in charge.



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Return to: Major J Billington Shrewsbury School Shrewsbury SY3 7BA.
jbillington@shrewsbury.org.uk

Parental Consent Form – Mountain Biking (4th form)

Pupil's Full name _____ House _____

1. I confirm that I have read the Basic Information for Mountain Bikers (above) and hereby give my consent for my son to take part in this activity.

2. Please indicate any medical condition (especially ASTHMA) that you feel we should be aware of bearing in mind that pupils may undertake arduous activities from time to time:

Medical Details: _____

Signed _____ (Parent or Guardian)

Date:

***Advice to parents on medical fitness for the above**

The undermentioned medical conditions might make it unsafe for your son to take part in some of the above:

- (a) Chronic ear discharge or defective hearing requiring the wearing of a hearing aid.
- (b) Any recent abdominal operation.
- (c) Back trouble such as old TB of spine, or broken back within last year.