



Women's/Adult MTB Camps: FAQ Summer 2021

What is the cost? How long is the camp?

\$179 per person (+GST). 2-day camps 10:30 am – 1:30 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 at 1:30 pm. Minimum 2 adults for camp to run.

What are the ages/abilities for the camp?

Women's MTB Camps: 17yrs+	Adult Downhill Camps: 17yrs+
Beginner– July 8-9 / Aug 7-8	Beginner – July 3-4 / Aug 19-20
Intermediate – July 22-23 / Aug 16-17	Intermediate – July 6-7 / Aug 22-23
Advanced – upon request	Advanced – July 20-21

Where/when do I show up?

Please arrive at 10:15 am, at least 15 mins before, to meet the coach and get organised 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 in Guest Services in the main plaza.

Do I need to sign a waiver?

Yes. Anyone aged 16 years and up can sign their own waivers. All participants require an event waiver. Below is the link to the online waivers.

https://passes.skircr.com/waivers-special/signup.aspx?_ga=2.149108022.1071913770.1623705167-689644101.1599670144

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

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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.

Private lessons will be booked 1:1 unless participants are in the same family household. 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 free 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.