

# Parent Guide

## Welcome

Hello and welcome to Rad Adventures! We are so excited to have your child in our programs. We've taught thousands of kids how to have tons of fun on their bikes, and we can't wait to teach yours.

## What We Teach

At Rad Adventures, we teach your child proper riding techniques, trail etiquette, basic bike mechanic skills, road and trail safety, and nature and forest values. Our focus is on the joy and thrill of riding, in a fun, safe and supportive environment.

## Bike Checks

Prior to attending a Rad Adventures program, please have your child's bike fully serviced. You should also perform bike and equipment checks daily. This will reduce the chance of mechanical incidents throughout the duration of your child's program.

Learn more about what to expect and what to bring for a fun and successful time at Rad Adventures! Find more info about each of our skill levels on the following pages:

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**BEGINNER**  
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**INTERMEDIATE**  
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**ADVANCED**  
**PAGE 5**

## More Helpful Info

Please click the links below for further resources:

[OUR MISSION](#)

[MEET OUR TEAM](#)

[OUR POLICIES](#)

[FAQS](#)

## Further Questions?

No problem! Please call our Managing Director Laura at 705-794-5515, or feel free to email us with any questions at [info@radadventures.ca](mailto:info@radadventures.ca).



# Kinder Program

## Ages 4 - 6

### Type of Bike Needed

BMX, or any 2-wheeler Bike

### Qualifications

Campers must be off training wheels and able to ride a two-wheeler on their own.

### What to Expect

**Kinder Camp is about building confidence on a bike — and having a ton of fun! Our focus is on building mountain bike skills, safety and knowledge. Each day, our Rad coaches will teach our campers new skills on their bikes!**

We teach our campers proper riding techniques, trail etiquette, trail safety, and nature and forest values. We will explore nearby trails, and practice new skills on our signature Radtrax ramps.

We combine a mix of activities that support overall health, wellness and fitness. We will ride bikes, play field games and do crafts.

**Our campers will learn that mountain biking is so much fun, and that it's a sport that will keep them healthy, happy and strong for their entire lives!**

### What to Bring

Please have your child bring the following to their program each day:

- |  |
|--|
| ✓ Bike!  |
| ✓ Properly Fitted Helmet (This is mandatory)                                     |
| ✓ Loose fitting clothing, appropriate for the weather (extra clothes, rain coat) |
| ✓ Running shoes (closed toe)   |
| ✓ Backpack   |
| ✓ A full, reusable water bottle  |
| ✓ Nut-free, litter-less snacks   |
| ✓ Hand sanitizer or sanitizing wipes   |
| ✓ Sunscreen  |
| ✓ Bug spray  |
| ✓ Toilet paper (in case children have to go to the bathroom out on the trails)   |



# Beginner Program

## Ages 6 - 11

### Type of Bike Needed

A bike that ideally has shocks, and weighs less than 40 lbs.

### Qualifications

Campers must be able to ride a two-wheeler on their own.

### What to Expect

This is the perfect program to get your child comfortable on their bikes in a safe and supportive environment. Our beginner program is for riders who would like to gain new riding skills, and is best suited for kids who are riding flat, basic trails and currently have some experience on mountain bike trails.

This program will focus on mountain bike basics including correct stance, proper braking, gear changing if applicable, and body movement on a bike.

Campers will practice their skills and try out rad jumps on our signature Radtrax ramps!

We combine a mix of activities that support overall health, wellness, and fitness. We will ride bikes, play field games, go swimming and do crafts.

**Our campers will learn that mountain biking is so much fun, and that it's a sport that will keep them healthy, happy, and strong for their entire lives!**

### What to Bring

Please have your child bring the following to their program each day:

- |  |
|--|
| ✓ Bike!  |
| ✓ Properly Fitted Helmet (This is mandatory)                                     |
| ✓ Loose fitting clothing, appropriate for the weather (extra clothes, rain coat) |
| ✓ Running shoes (closed toe)   |
| ✓ Backpack   |
| ✓ A full, reusable water bottle  |
| ✓ Nut-free, litter-less snacks (enough for two breaks a day)                     |
| ✓ Nut-free, litter-less lunch  |
| ✓ Hand sanitizer or sanitizing wipes   |
| ✓ Sunscreen  |
| ✓ Bug spray  |
| ✓ Toilet paper (in case children have to go to the bathroom out on the trails)   |
| ✓ Bathing suit and towel   |



# Intermediate Program

## Ages 7 - 12

### Type of Bike Needed

A bike that ideally has shocks, and weighs less than 40 lbs.

### Qualifications

Please ensure your child can ride over 10 kms in a day, can ride on rocky terrain and is able to push their bike on their own over sections they cannot ride.

### What to Expect

This program teaches intermediate mountain bike skills. Campers will spend the week exploring the trails and building skills with a group that moves within the intermediate skill level.

Our focus is on building mountain bike skills, safety and knowledge. We combine a mix of activities that support overall health, wellness and fitness. We will ride bikes, play field games and go swimming.

#### EXPECT YOUR CHILD TO LEARN:

- Proper riding techniques, brake usage, cornering, where to look while riding, tackling advanced terrain
- Practice their skills and try out rad jumps on our signature Radtrax ramps
- Basic mechanic skills - how to put a chain back on, how to fix a flat tire, use tools and adjust components
- Nature and forest values
- Trail etiquette and safety
- That mountain biking is a sport that will keep them healthy, happy and strong their entire lives!

### What to Bring

Please have your child bring the following to their program each day:

|  |
|--|
| ✓ Bike!  |
| ✓ Properly Fitted Helmet (This is mandatory)                                     |
| ✓ Loose fitting clothing, appropriate for the weather (extra clothes, rain coat) |
| ✓ Running shoes (closed toe)   |
| ✓ Backpack   |
| ✓ A full, reusable water bottle  |
| ✓ Nut-free, litter-less snacks (enough for two breaks a day)                     |
| ✓ Nut-free, litter-less lunch  |
| ✓ Hand sanitizer or sanitizing wipes   |
| ✓ Sunscreen  |
| ✓ Bug spray  |
| ✓ Toilet paper (in case children have to go to the bathroom out on the trails)   |
| ✓ Bathing suit and towel   |



# Advanced Program

## Ages 11 - 16

### Type of Bike Needed

A lightweight, quality mountain bike that has shocks.

### Qualifications

Please ensure your child can ride on advanced, rocky, rooty, technical terrain and can easily ride more than 15 kms without tiring.

### What to Expect

This is a program for kids who are excelling at mountain biking, who love riding their bikes, and who want to ride on more challenging, technical terrain. Campers will spend the week exploring the trails and building skills with a group that moves within the advanced skill level.

#### EXPECT YOUR CHILD TO LEARN:

- Advanced techniques, including cornering, berms, advanced braking, riding steep down hills, and accelerating through technical terrain
- Practice their new skills (and do rad jumps and tricks) on our signature Radtrax ramps
- Nature and forest values
- Trail etiquette and safety
- That mountain biking is a sport that will keep them healthy, happy and strong for their entire lives!

### What to Bring

Please have your child bring the following to their program each day:

|  |
|--|
| ✓ Bike!  |
| ✓ Properly Fitted Helmet (This is mandatory)                                     |
| ✓ Loose fitting clothing, appropriate for the weather (extra clothes, rain coat) |
| ✓ Running shoes (closed toe)   |
| ✓ Backpack   |
| ✓ A full, reusable water bottle  |
| ✓ Nut-free, litter-less snacks (enough for two breaks a day)                     |
| ✓ Nut-free, litter-less lunch  |
| ✓ Hand sanitizer or sanitizing wipes   |
| ✓ Sunscreen  |
| ✓ Bug spray  |
| ✓ Toilet paper (in case children have to go to the bathroom out on the trails)   |
| ✓ Bathing suit and towel   |

