



**CAPE MOUNTAIN BIKERS**  
MEELUP / SECRET WHICHER / MIDDLE EARTH

## **GRASSROOTS PROGRAM**

# Parent Information 2023 v1

Dear Parents and Guardians

The Grassroots Program provides mountain bike skills coaching sessions and supervised/coached trail rides for children aged 7 to 15 years old, with sessions offered in Dunsborough.

All coaches and program coordinators are volunteers on the program.

### **Session Times - Dunsborough Mondays**

Skills coaching sessions (including trail riding) are held at the Dunsborough Mtb Park (meet at Dunsborough and Districts Country Club fortnightly on alternate **Monday** afternoons 3.30-5pm (7 – 10 year olds/mixed ability) and the following week 4.30-6pm (9 – 15 year olds/mixed ability). There may also be occasional supervised trail rides held on weekends at various other trail networks throughout the south west, giving the kids a chance to try out their skills on different trails.

### **Session Times – Dunsborough Tuesdays – by invitation only**

Skills coaching sessions are held at Dunsborough Mtb Park fortnightly on Tuesday afternoons at 4.30pm (9-15 year olds). There may also be occasional supervised trail rides held on weekends at various other trail networks throughout the south west, giving the kids a chance to try out their skills on different trails.

### **Coaching**

The program is run by qualified PMBIA Level 1 and AusCycling Foundation coaches (MTBA L0), trained to a level that will enable them to teach the basics of mountain biking up to an intermediate level. Our Tuesday coach (Lee) is now qualified to PMBIA L2 enabling him to teach intermediate+ and advanced techniques.

### **Fees**

Cost of the Grassroots Program is \$65 per term.

Please note that all riders must have a current AusCycling membership and Cape Mountain Bikers membership. This is to ensure that riders are covered by insurance and public liability. Parents can join their children up for AusCycling and Cape Mountain Bikers simultaneously for a total minimum cost of \$60+1 per year or \$7 per month (Lifestyle membership as at January 2023). Adults or children who have not had AusCycling membership within the last three years should be eligible for a free trail membership lasting 4 weeks. Simply go to the AusCycling web address to join (nominate Cape Mountain Bikers as your club): <https://www.auscycling.org.au/membership>

Parents are welcome to come along on the rides with their children at no cost, however they will also need to have a current AusCycling membership and Cape Mountain Bikers membership. As above, both memberships can be obtained simultaneously, with the total minimum cost for adults

being \$60+1 per year/\$7 per month (Basic Lifestyle) or \$90+1 per year/ \$9 per month (Lifestyle), as January 2023 – remember to nominate Cape Mountain Bikers as your club. The 4 week free trail membership is also available for adults. Please note parents joining the rides must also meet the equipment requirements specified below.

## **Equipment Requirements**

### **BIKES:**

To ensure the safety of all participants and the continued enjoyment of the sport, it is required that your child is fitted with a suitable bike. Minimum requirements for a bike include:

- Well-functioning V-Brakes as a minimum, no back pedal brakes.
- Dirt specific tyres with a decent amount of tyre profile.
- Handlebar grips that ensure bar ends are not exposed.
- Saddle which is positioned at a height that allows your child to touch the ground with both feet at the same time.
- Gears are not necessary but highly recommended, we recommend a rapid fire based gear shift rather than gripshift, which can be very difficult for your child to use.
- A light frame is also highly recommended. The weight of a bike has a much greater effect on your child's ride enjoyment than it would for an adult so please keep this in mind.

The bike does not have to be mountain bike specific as long as it meets the brake, tyre, handlebar grip and seat requirements and is in good working order.

### **SAFETY EQUIPMENT:**

It is also important that your child is protected adequately in case of a fall. Please ensure all safety equipment is in good working order. Your child will require:

- Helmet that meets Australian Standards and is well fitted.
- Water bottle or "Camelbac" containing at least 300ml of water
- Warm clothing in winter!
- Gloves, not essential but highly recommended.
- Knee pads, elbow pads, not essential but highly recommended.
- Safety glasses/sunglasses – not essential but highly recommended.

Our program will cover bike equipment and safety at the beginning of each term. We do however strongly recommend that you take your child's bike to one of our local bike shops and allow them to do a full safety check and service. When doing so, ensure you let them know it is for the CMB Grassroots Program. Our local recommended bike shops are Bike Shed in Dunsborough, South West Cycles in Busselton and Humble Bike Company in Vasse. The guys at these shops are also more than happy to answer any questions you may have regarding bikes and safety equipment.

## **How To Enrol**

If you would like to enrol your child for the Grassroots Program please log on to our website at [www.capemountainbikers.asn.au/grassroots](http://www.capemountainbikers.asn.au/grassroots) and complete the online Grassroots Registration Form.

Payment should be made at the time of submitting your enrolment as per the payment methods specified during the registration process. Please note that places in the program are limited so early enrolment is recommended.