SHESHREDS

VALEMOUNT CLINIC • SATURDAY & SUNDAY JULY 9-10TH

Thank you!! We're stoked you've chosen to shred with us! Please take some time to read through everything that follows and, as always, reach out if you have any questions.

WEEKEND CLINIC LOCATION »

Your clinic is held at **Valemount Bike Park**, both days. Park and meet us by the donation box/shuttle waiting area. If you are running late, or can't find the location, give Tamara (one of your coaches) a text 780-728-5513. For some additional trail descriptions, check out the **Valemount Bike Park VARDA site**.

TYPICAL WEEKEND CLINIC OUTLINE »

Friday

Most participants arrive in Valemount on Friday evening. Valemount is 5 hours and 15 minutes from Edmonton (487 km) and is in the Pacific Time Zone, so please keep this in mind for your drive out and back home.

Saturday

8:45am..... Arrive, get ready to ride and check in with the coach taking attendance

9:00am..... Introductions

9:15am..... Skills Park / Introductory Lesson

10:30am .... Shuttle Up (20 min shuttle)

11:00am .... Trail Ride with Instruction (shuttles up as needed)

3/4:00pm .. Clinic ends in the parking lot

Sunday

8:45am..... Arrive, get ready to ride and check in

9:00am..... Introductions

9:15am..... Shuttles & Trail Ride with Instruction

3/4:00pm .. Clinic ends in the parking lot

Note: Some groups choose to meet at 8 AM to end at 2 PM for the drive home.

Our weekend clinic is ideal for intermediates with good fitness and advanced riders. With lessons, there can be a fair amount of talking, doing drills and watching coaches and other participants as part of our Valemount lesson plan.

This time is better described as explaining, demonstrations by the coach, moving through the drill and asking for your feedback and thoughts on the drills.

The overall goal of all this chatting is an effective understanding, application and translation of the skill or technique we're working on.

This starts with a review of Foundational skills in the bike skills park at the base of the bike park/parking lot. Building a solid foundation and understanding will pay dividends for your future bikelife. And after all that learning, we take it to the trails, cause we're here to learn.... wait — shred! ... wait — learn...

WHAT TO WEAR »

Required (*):

- *CSA approved modern Helmet (any helmet 5 years or older is ineffective protection). If you have access to a full-face helmet, it's a great idea to bring along. You can also rent one — contact **District Bikes**.
- *A mountain bike in good repair — head over to **Hardcore Bikes** for a tune up! Or contact **District Bikes** to see about a rental with some more suspension!
- *A bell attached to your bike (it's the law!). Bear bells are not necessary.
- *Closed toed shoes are mandatory. NO SANDALS.
- *Weather appropriate clothing — bring options for the entire weekend and whatever weather the mountains will bring!

Recommended:

- Gloves (full fingers)
- Eye protection (light coloured lenses work best)
- Chamois (padded bike shorts) are a great investment
- Body armour is welcome if that makes you feel more comfortable! Shinpads are strongly recommended!

Your Trailbag should hold:

- *ID & Cell phone,
- *Water — 1 liter minimum (consider the temperature)
- *A lunch and a few snacks (re-stocked each day)
  Eg: Sandwich, trail mix, pepperoni sticks, babybel cheese
  Eg: Wrap, granola bar, gummy candies, apple
- Mini pump, tire levers and an extra tube (that fits your bike)
- Multitool (with Allen keys and Hex keys)
- Sunscreen / bug spray
- Mask/buff for any close contact (emergencies etc)
- Anything else you need (light jacket, wallet, etc)

Note: your coaches will have basic first aid supplies.

SHUTTLE

While you can bike up to the top of the mountain, it takes a lot of energy that we would prefer to use to build some skills. Shuttles are vehicle transport to the top of the mountain. The shuttle might be privately organized within members of the group or by **Peak Shuttles**. Depending on the number of participants, we may be able to get a private shuttle. Please bring $60 cash with you to buy a $30 punch pass with Peak Shuttles (one for each day). If personal shuttles are organized, please pay the driver. Debit/ Credit cards are a hassle, so please avoid this option.

ACCOMODATIONS

Participants are responsible for the costs of accommodation. SheShreds will be organizing an option, so please ask if you are interested! If you would rather sort yourself out, but need a hand, let us know. Here's our recommendation: **Slippery Slope Bed & Breakfast**.

FOOD

Food is not included, and it is your responsibility to bring lunch, snacks and water with you both days. This lunch can stay in your car, but please have your snacks along with you. Some great options in town are **Glacier Fire Pizzeria**, **The Gathering Tree** (coffee, breakfast, snacks), Also for post-clinic beers: **Three Ranges Brewery**.

MERCH FOR SALE »

While we wait for our weekend together, check out our shop for some water bottles, stickers, jerseys and buffs.

GETTING READY TO SHRED »

Mechanic serviced bike

Head over to Hardcore Bikes for a tune up, the earlier you book in the better! Or if you need more squish in your bike, contact District Bikes in Valemount.

Waiver package

A waiver package will arrive in your inbox for you to electronically sign 1 week from the clinic (or shortly after you sign up if it's less than a week until our clinics date!) . Signing is required prior to your clinic with us. A copy of the waiver is included at the end of this document for you to read and discuss with a medical or legal professional, if you deem it necessary, prior to signing. Please DO NOT sign the waiver attached to this document — it is just for your review.

Automated email with your Clinics information

These emails come out 1 week and another 2 day before the clinic. Check your spam folder!

Check the weather

The morning of our clinic, check the weather and pack appropriately. Familiarize yourself with the ride location and the time required to get there for 8:45 AM

FAQ »

Weather cancellations:

Any last minute cancellation will be decided 2 hours before ride time. This will be communicated via Instagram/Facebook and emailed to you. If the weather changes throughout the weekend and there is lightning sighted, the clinic is canceled immediately for the day. The day may also be canceled if conducting the clinic damages the trails. In this case, alternative options will be considered by the coaches. Otherwise, be prepared to ride in light rain, hot days and chilly weather.

Coach certifications:

All our coaches are certified mountain bike instructors with either PMBI or BICP, as well as holding First Aid certifications. They carry basic first aid supplies in their trail bag and additional supplies in their vehicles.

COVID illness / COVID Policies:

To register for this clinic, you stated that you have read and understood these policies. Please find links to these documents here (**COVID Policies**). If you are sick prior to any ride or event, do not attend and let us know.

Cancellation Policy:

To register for this clinic, you stated that you have read and understood this Policy. Please find links to these documents here (**COVID Policies**).

Locations:

The location for this clinic is the Valemount Bike Park. Permits have been acquired via VARDA through BC Rec Sites and Parks.

Switching groups:

Your ability was self assessed on your registration as well as by a review of your registration questions. It is our experience that rarely these combinations of assessments are wildly incorrect and need to be adjusted, but if you feel like your group is impeding your learning — in ANY way — reach out during your lesson and we can find a solution together. Your coach may also approach you to change groups, if they feel like your learning and progress will be positively impacted.

Fitness:

Fitness is an aspect to consider when mountain biking. We ask for a self-assessment on your application. No one is left behind during our clinic rides. Group management strategies and coaches sweeping (coaches riding at the end of the ride group) help to reduce anyone being lost or left behind. In general, some consistent exercise routine that challenges you will be just fine to enjoy your rides with us. Prepare for 5 hrs / 15 km in the saddle each day. Having shuttles helps, because at least we can put our energy into managing the descent.

Clips:

Bike shoe clips are not ideal for this weekend clinic. Flat pedals are strongly recommended for a variety of reasons, including a safer learning environment. We have found that mentally, knowing you can quickly hop off your bike when doing more challenging features (whatever that is for you) has allowed participants to build confidence and a willingness to try. Flat pedals ensure proper foot and pedaling technique, so if you are a cleat/clips person, challenge yourself to try flats a few times prior to our clinic together. If you are much more comfortable on clips, then feel free to use them, but do let us know so we can plan accordingly. It may be possible to bring flat pedals and change them out for you, if you don't have any available to you.

FAQ CONT. »

Your bike:

We require that our participants supply a well-maintained mountain bike for all SheShreds clinics. Any trail, enduro or downhill bike is well suited to the Valemount trail system (anywhere from 140-170mm is the sweet spot). If you are unsure that your bike will be sufficient — send us a few pictures of your bike from different angles.

Rentals:

Rentals are difficult to come by with the demand for bikes spiking during COVID. Contact **District Bikes** in Valemount as a first option. If you have a bike rack and are willing to transport a bike, you can call around to our local bike shops to see if they have any rentals this season. Be equipped with your height and weight so they can see what size options they have. You are looking for a "trail" or "enduro" mountain bike.

WAIVER »

A waiver can be found at the end of this guide — this is for you to review and understand. **We will send you a copy to sign via Smartwaiver shortly.**

LAST BUT NOT LEAST...

Until we get to shred, make sure to follow us on Instagram and Facebook and tag us in your bike adventures to share the stoke.

Also, here are some of our favourite shred videos to get us all stoked!

Casey Brown — This is Home

The Women of Freeride

All Bodies on Bikes

Girls Gotta Eat Dirt

We can't wait to ride with you!

Dee and the SheShreds crew
sheshredsyeg@gmail.com

MOUNTAIN BIKING

RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter referred to as the "Release Agreement")

BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT

PLEASE READ CAREFULLY!

SIGNATURE OF PARTICIPANT

ORGANIZATION NAME: _____ and its **(their)** directors, officers, employees, instructors, guides, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter referred as **"the Releasees"**)

DEFINITION
In this Release Agreement, the term **"Mountain Biking"** shall include all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by the Releasees and shall include, but is not limited to: mountain biking; mountain bike rental; orientational and instructional courses, seminars and sessions; travel, transport and accommodation; and other such activities, events and services in any way connected with or related to mountain biking.

RENTAL AGREEMENT
I accept full responsibility for the mountain bike equipment rented ("the Equipment") and agree to pay for any damage to the Equipment and replace the Equipment at full retail value if not returned by the agreed date.

MOUNTAIN BIKING SAFETY
I acknowledge that I have been advised to wear an approved full-face helmet and other protective equipment such as elbow/ forearm and knee/shin armour when free riding or downhilling. Wearing an approved helmet while mountain biking may be mandatory under provincial law. I am aware that mountain biking is subject to all applicable municipal and provincial highway traffic regulations. I am familiar with the proper use of the Equipment, including all quick release mechanisms, brakes and gear shifters. I am aware that there are technicians available to answer any questions that I may have as to the proper use of the Equipment.

ASSUMPTION OF RISKS
I am aware that Mountain Biking and the rental of Mountain Biking equipment involves many risks, dangers and hazards including, but not limited to: mechanical failure of the Equipment, loss of balance; difficulty or inability to control one's speed and direction; variation or steepness in terrain; rapid or uncontrolled acceleration on hills and inclines; variation or changes in the riding surface including rocks, gravel, cliffs, trees, roots, tree stumps, streams and creeks and manmade structures such as bridges, ladders, berms and jumps; changing weather conditions; exposure to temperature extremes or inclement weather; travel or transport to and from the sites used for mountain biking; travel on highways and backcountry roads; encounters with domestic and wild animals including dogs, bears and cougars; collision with pedestrians, motor vehicles, and cyclists; becoming lost or separated, from ones party; negligence of other participants; and NEGLIGENCE ON THE PART OF THE RELEASEES AND THE MANUFACTUERS AND DISTRIBUTORS AND THEIR STAFF, INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS REFERRED TO ABOVE. Communication in the remote terrain which is sometimes used for Mountain Biking is difficult and in the event of an accident, rescue and medical treatment may not be readily available.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH MOUNTAIN BIKING AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
In consideration of the RELEASEES agreeing to rent me Mountain Biking equipment and permitting my use of their services, equipment and other facilities, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND THE EQUIPMENT MANUFACTURERS AND DISTRIBUTORS AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury, including death, that I may suffer or that my next of kin may suffer, as a result of my participation in mountain biking or the use of the Equipment, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER *THE OCCUPIERS LIABILITY ACT*, ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN THE MOUNTAIN BIKING REFERRED TO ABOVE; OR DUE TO NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF WARRANTY ON THE PART OF THE RELEASEES IN RESPECT OF THE DESIGN, MANUFACTURE, SELECTION, INSTALLATION, MAINTENANCE, INSPECTION, SERVICE OR REPAIR OF THE EQUIPMENT, or in respect of the provision of or the failure to provide any warnings, directions, instructions or guidance as to the use of the Equipment;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in Mountain Biking or my use of the Equipment;
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province or territory where the Activities take place and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province or territory where the Activities take place and shall be within the exclusive jurisdiction of the Courts of that province or territory.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in the Wilderness Activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, 20__ .

Witness	Signature of Participant
Please print name clearly	Please print name clearly
	Signature of Guardian if Participant is under age of majority

SAMPLE SAMPLE

Form 8011p April 2019

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