



# Mountain Biking

Additional Trip Information for Students and Parents:

<b>Trip Leader</b>	Mr MacGregor
<b>Activity</b>	<p>A chance to get to see some of the more remote downhill mountain bike routes on the Isle of Man.</p> <p>After an initial skills session in South Barrule plantation we will be visiting other plantations around the Island where mountain bike routes have been set up. This will be a whole day activity and although downhill, will still require some element of fitness.</p> <p>You will need your own mountain bike and it must be in good working order. Also, a helmet will be compulsory.</p> <p>It should be a great day out and give you a chance to see parts of the island you have possibly not visited before.</p>
<b>Date</b>	<b>One full day – per allocation letter</b>
<b>Meet at:</b>	<b>8:40am Lower School Car Park</b>
<b>Finish:</b>	3:25pm at Lower School
<b>Transport</b>	Transport will be a combination of Minibus and cycling between venues
<b>Equipment to bring</b>	<p>Appropriate clothing for physical activity, including Outdoor clothing, trainers, waterproofs, a cycle helmet (compulsory)!</p> <p>Eye protection (can be borrowed)</p> <p>Your own Mountain Bike in good working order.</p> <p>Spare Inner Tube / Puncture Repair Kit are advisable.</p> <p>Do not bring anything valuable that could be lost or damaged as the school will not be held liable. You are required to take responsibility for all your own equipment and property.</p>
<b>Meal Arrangements</b>	Bring plenty of water. Packed lunch, drinks and snacks. If there is time, you may wish to bring a small amount of money for ice-cream or lolly.
<b>PLEASE NOTE:</b>	<p><b>This will be a whole day activity and although downhill, will still require some element of fitness.</b></p> <p><b>Acceptance and participation on this trip is subject to adherence to the School's Code of Conduct on behaviour. Any student who has shown, or does show a persistent reluctance to adhere to it, may be removed from the trip without reimbursement.</b></p>

Please advise the Trip Leader in advance of the trip if you have any concerns of a medical, physical or dietary nature, which may impact or limit your child's capacity to participate in any aspect of this activity.

