

Dear iRide Parents and Participants in Comox,

Cycling BC's iRide School Program is excited to visit your child's school in the coming weeks. Each participating class will receive three 60-75 minute sessions over the course of the 3-day visit. Students will learn an array of fundamental cycling skills in accordance with Cycling Canada and the National Coach Certification Program long-term athlete development model. Explore our curriculum at [cyclingbc.net/iridelevels](http://cyclingbc.net/iridelevels).

Parent volunteers are an asset to the iRide program. If you are able to volunteer to assist with one of your child's iRide sessions, please contact the teacher. You do not need to be on a bike and it is a lot of fun!

Please complete our online registration system **no later than 7 days before our iRide visit**. This will give our staff and your child's teacher enough time to make sure everyone has registered properly.

**HOW DO I REGISTER?** [cyclingbc.net/iridereg](http://cyclingbc.net/iridereg) (2 minutes & mobile-friendly)

Our registration system includes an Acknowledgment of Risk Form, which is NOT and is different from a liability release waiver. To clarify, by completing the online registration process,

- parents retain the right to legal action, if needed, and
- children participating in the program are covered by Cycling BC's insurance policy.

If you are new to iRide, you will be asked to either create a free CCN BIKES account or register as a guest. Our online system helps us guarantee the security of your information, allows for accurate record keeping for reporting and insurance purposes, and is environmentally friendly. Child date of birth is required to prompt the parent/guardian release form. Please be sure to continue the process until you have received an automated registration confirmation email.

**I HAVE QUESTIONS?** [cyclingbc.net/iride/faq](http://cyclingbc.net/iride/faq) (Frequently asked questions)

To help maximize your child's iRide experience, please read our FAQ page. Please ensure the following:

- Online Registration has been completed
- Wear closed-toed shoes (NO SANDALS) and all-weather clothing (Gloves, jackets) [iRide runs rain or shine](#)
- Bring a bicycle in good repair & a CSA-certified helmet
  - Children should bring their own bicycles to iRide! It is more fun!
  - Free rental bikes/helmets are available; however, for safety reasons, height limits will apply (See FAQ)

**WHAT NEXT?** [cyclingbc.net/youth](http://cyclingbc.net/youth) (Lots of programs for your child)

Cycling BC is the provincial governing body for the sport of cycling in British Columbia. In addition to our coach development, membership services and high-performance program, we also provide an array of youth programming designed to create fun and safe introductions to cycling and connect riders with local opportunities in their neighbourhood.

iRide is the first step in that pathway and brings bikes and NCCP-trained instructors to your child's gym class. By the end of 2019, iRide will have visited 60,000 youth across the province since 2013 and is made possible thanks to the support of our private donors. Your child's school has been asked to cover 50% of our programming costs.

**If your child enjoyed their iRide experience, please consider writing a thank you card for one of our donors.**  
Please mail your cards to our head office at #116-8337 Eastlake Drive, Burnaby, BC, V5A 4W2

