

DFX 101 2024

EMERGENCY LINE- (604) 905-2234

Diego- (604) 966-8654

Sandy- (819) 441-8200

Schedulers- (604) 902-9500

Start of Day 08:30am across from

Garbo Kids

- Ensure you have a cell phone that is charged with the ability to call local numbers
- Arrive with a working bike for DH laps (dual suspension bike)
- Check your guest experience role for the morning on the White Board



09:00am Students Arrive

- Early upload clearance from 9:45am – DFX Dailies has PRIORITY over Club. Adults will upload at 9:45am
- 1:6 ratio for upload
- Verbal assessment at base. Splits at CLC area
- **ABSOLUTELY NO TRAILS BEFORE PATROL GIVE THE ALL CLEAR or at 10am**



10:00am Lessons Begin

- Check WhatsApp for the updated Splits Sheet
- Note the instructors in, above and below your level
- Remind your class to take regular water breaks, the bike park can be strenuous especially for beginners



12:00pm Lunch at CLC

- Check-in with your supervisor
- Deal with splits
- 45-60min lunch depending on students/coaches energy levels
- Please sit with your group while eating lunch and always supervise students
- If necessary, refill water bottles
- Later lunches can be requested and confirmed with your Supervisor/Support Team



DFX Dailies WhatsApp Group



Lessons Continue from the CLC

- There should be little group movement after lunchtime
- CLC Hard Closes at 2:30pm

03:00pm Sign Out

- ****If you are going to be late for sign out please call your Supervisor or Schedulers****
- Get a signature from a guardian for each student on the class card
- Relay information from the day to the guardian, what you worked on, where you rode etc.
- Ensure the back of your class card is completed before handing into your Supervisor (HSEE)
- If you called Patrol for a client, inform Supervisor and fill out Incident Report Form



Set Up

- Set- up DFX Green Tent- this must be weighed down
- Set up the corral area
- Set up a Beg, Nov, Int, S.Int, Adv/Expert area
- Grab a clipboard, pen and class card
- Make the kids feel welcomed by engaging with them
- Physically warm up before you go

Class Card Check-in

- Write first and last name
- Ask what they want for lunch
- Description and medical info
- Drop your top sheet @ CLC for your lunch order



Guest Experience Roles

Greeter



- Wear the greeter jersey and wait at the front of the DFX Green Tent
- Greet everyone and answer questions for guests/public (if you do not know the answer, ask a supervisor)
- Check dates on safety vouchers, if valid and on check-in sheet, guest can proceed



Allergy Tags

- Walk down the line and check Safety Vouchers for allergies/medical concerns
- If child has allergies, give them a wristband
- Write the allergy on the wristband



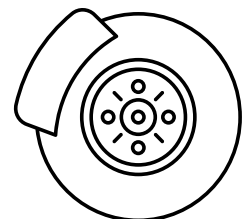
Bike Check

- Complete bike check for all bikes. Remove kickstands if needed. If a bike needs repairs, suggest GBB/Summit
- If a bike doesn't pass the test, the bike cannot be used in our lessons.
- Check for safety equipment: gloves, elbow and knee pads, full face helmet and closed toe shoes are MANDATORY



Level Assessment

Minimum requirement for students is to be able to pedal confidently in a straight line on wide gravel trails (valley trail/tin pants) and use hand brakes to stop. If you are concerned, we can do a practice ride in the village to check



At Base Level Assessment

As they arrive

What are they wearing?

Is equipment on correctly?

Do they look confident/ comfortable?

Are they wearing high end gear?

Are they using rentals?

Make some observations, if you're not sure ask more questions, ask where they got the bike from, ask if they know how to use their equipment. Can they put on their equipment by themselves or do they need help?

Ask them some questions

When was the last time you rode?

Have you ever ridden in a bike park like Whistler?

Where do you normally ride?

How many brakes do you use?

Have you ever taken a lesson with us before? If so, what level were you assigned at the end of the day?

Do you have a favourite feature to ride?

Have you ever ridden in a bike park before?

What skills have you worked on recently?

Do you ride standing up or sitting down?

Do you have a favourite trail in Whistler?

What colour trails do you like to ride?

Keep asking questions until you are confident you know what level they are. If you are still unsure ask a more experienced coach for some help, they are always happy to help you. If in doubt air on the side of caution