

WELCOME TO BRIXTON BMX CLUB'S INCLUSIVE SESSION



Brockwell Park BMX Track, Dulwich Road, London SE24 OPB.

Session Day / Time: Every Saturday morning @ 12-1pm

Price: £2 members & £3 non members per session

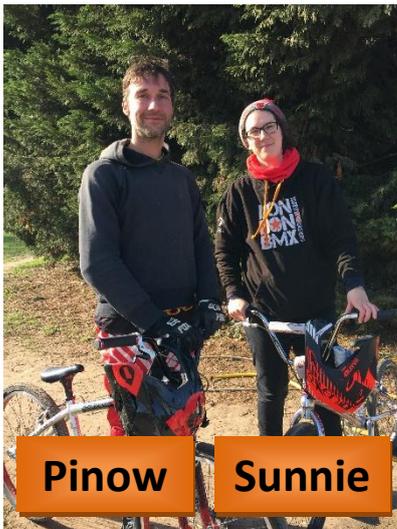
Membership (non compulsory): £15 for under 16's, £20 for 16+ & £18 for students/unemployed

Reward cards: You will receive a reward card at your first session, your coach will sign this at the start of each session, once the rider has attended 8 sessions they will receive their **FREE** t-shirt, wristband and water bottle.

Point of contact: Sunnie & Pinow are our Wingz coordinators at Brixton BMX club, speak to them on arrival or look out for their red helmets (**see photo below**).

Coaches: Your coach will be one of the following: Sunnie, Pinow, Alan, Nat or AD; they are all British cycling qualified coaches, inclusively trained and first aid trained.

Parents/careers/siblings: To make each rider as comfortable as possible we welcome all parents, careers & siblings to stay & help out or watch their rider



Pinow

Sunnie



Nat



AD



Ken

On arrival: riders are to sign in with Ken on arrival, if this is the first time you have attended parents will be asked to sign a consent form for their rider (under 18), if a rider is over 18 they can sign the consent form themselves, you then pay Ken your session fee and then report to your coach.

Equipment: All equipment will be provided including bikes, helmets & gloves. You are welcome to bring your own BMX bikes/safety equipment if the coach has deemed it safe for use, if the coach says no you will be given a club bike/helmet to use.

Clothing on arrival:

You will be required to wear long sleeves, long trousers, and trainers. NO shorts, T-shirts or open toed shoes

Clothing during the session: As well as wearing long sleeves, long trousers and trainers, you will also be asked to wear a helmet, gloves and knee/elbow pads if skin is on show.

Drinks (Riders): Remember to bring water to every session to stay hydrated!

Drinks (Parents): Drinks/food can be bought at the lido cafe

First aid: all coaches are first aid trained, a first aid box can be found in the container and any coach can be asked to administer first aid for your rider.

Toilets: Separate Male & Female toilets are located just behind the club container

Contact details:

Email - brixtonbmxclub@hotmail.com - **Website -** www.brixtonbmx.co.uk

