

Mountain Biking Trip Information

Trip 1: Sunday afternoon ride at Bruce Ridge

Date: Sunday 15th January, 2012

Meeting spot: Globo Café, at the UC Village, Coinda Street, University of Canberra

Meet Time: 2.00pm

Return Time: approx. 6.00pm

Your guide: Mic Longhurst (Canberra Off Road Cycle - CORC)

Venue: a short ride to the Ridge on bike paths then riding amongst native bush land on a combination of single track and fire trails

Requirements:

- *Sense of adventure and willingness to challenge yourself*
- *Food:* snacks;
- *Water:* water bottle for your bike
- *Clothing:* ** = essential
 - o **waterproof rain jacket
 - o Whatever you normally wear cycling
- *Equipment:* Bikes & helmets will be available to borrow if needed
 - o sunscreen
 - o camera (optional)
 - o bike helmets must be worn during the activity
- *Extra costs:* nil
- *Medical:*
 - o Complete medical info and consent form prior to departure (forms available on the day or from conference website); CORC day license will also be required on the day (provided on the day)
 - o BYO personal medication &/or basic first aid kit (paracetamol, bandaids, bandages etc)

Cancellation of trip: Kathy will make contact with you if the trip needs to be cancelled for any reason 0416 153 767.

Behavioural expectations

Participants are expected to understand and appreciate the adventurous nature of the activities planned and the setting. In this context they are required to maintain safe practices at all times in caring for themselves and others in the party. Participants engaging in unacceptable behaviour will be excluded from activities while on the excursion and will also be excluded from future participation in the outdoor education program.

Staff accompanying participants on trips will take all reasonable care while participants are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Please be aware that staff are not responsible for injuries or damage to property which may occur on a trip where, in all circumstances, staff have not been negligent.

Trip 2: Monday evening ride at Mt Stromlo

Date: Monday 15th January, 2012

Meeting spot: Globo Café, at the UC Village, Coinda Street, University of Canberra

Meet Time: 8.30pm

Return Time: late

Your guides: Mic Longhurst and other riders from the Canberra Off Road Cycle - CORC & Michael Milton (One More Mountain)

Venue: Mt Stromlo is Australia's premier MTB venue located about 15 mins drive from the conference venue

Requirements:

- *Sense of adventure and willingness to challenge yourself*
- *Food: snacks;*
- *Water: bike bidon (water bottle)*
- *Clothing: ** = essential (the weather can get cool at night in Canberra - please check the forecast beforehand)*
 - o ***waterproof light weight rain jacket suitable for cycling in*
 - o *Whatever you normally wear cycling*
- *Equipment: Michael has bikes, lights & helmets available for those who have ordered them*
 - o *sunscreen*
 - o *camera (optional)*
 - o *bike helmets must be worn during the activity*
 - o *lights for your bike & helmet if bringing your own*
 - o *mobile phone*
- *Extra costs: nil*
- *Medical:*
 - o *Complete medical info and consent form prior to departure (forms available on the day or from conference website); CORC day license will also be required on the day (provided on the day)*
 - o *BYO personal medication &/or basic first aid kit (paracetamol, bandaids, bandages etc)*

Cancellation of trip: Kathy will make contact with you if the trip needs to be cancelled for any reason 0416 153 767

Behavioural expectations

Participants are expected to understand and appreciate the adventurous nature of the activities planned and the setting. In this context they are required to maintain safe practices at all times in caring for themselves and others in the party. Participants engaging in unacceptable behaviour will be excluded from activities while on the excursion and will also be excluded from future participation in the outdoor education program.

Staff accompanying participants on trips will take all reasonable care while participants are in their charge to protect them from injury and to control and supervise their behaviour and activities.

Please be aware that staff are not responsible for injuries or damage to property which may occur on a trip where, in all circumstances, staff have not been negligent.