



Dear Parents & Guardians:

Your child has been selected to participate in a Kids Mountain Bike Ride Program by the Community Based Organization or Mentoring Program your kid participates in. This Program is provided in partnership with Trips for Kids Charlotte (TFKC), a North Carolina 501(c)(3) non-profit devoted to improving the lives of kids by providing opportunities to experience personal achievement and foster self-empowerment through physical activity. Trips for Kids provides the complete structure for conducting Kids Mountain Bike Rides, and your kid's community-based organization (not TFKC) determines which kids are qualified to participate.

A. Overview Of The Kids Bike Ride Program

- TFKC conducts bike rides on Saturdays and during the summer on Wednesday mornings for 2 ages groups of kids, 10-12 year olds and mature 12-18 year olds.
- Your kid's community-based organization determines which kids will go on a Kids Bike Ride and assigns ride dates for each kid.
- Your kid's community-based organization determines which kids are qualified to participate on Trips for Kids bike rides.
- In order for kids to go on a Kid Bike Ride, TFKC's Liability Waiver & Medical Release form must be completed and signed by you, as Parent or Guardian.

B. How A Kids Bike Ride Event Works

- 2-3 weeks before a Kid's Bike Ride you will be notified that your kid has been assigned to a ride.
- You will be asked to complete and sign a TFKC Liability Waiver & Medical Release form 1-2 weeks before your kid's bike ride.
- 1 week before the ride, your kid's community-based organization will inform you of the details for your kid's TFKC Kids Bike Ride, as well as, how your kid will get to and return from the bike ride site.
- TFKC Kids Bike Rides take place primarily in Mecklenburg Park & Recreation parks.
- At the TFKC ride site your kid(s) will be assigned a bike, assigned a helmet, taught bike safety and ride their bike on Mountain Bike trails.
- When the Kids Ride is finished, kids are typically in a good mood, physically exhausted and sleep well.

C. You need to remember ...

- Fill out, sign and return the TFKC Liability Waiver & Medial Release form 2 weeks before your kid's scheduled ride.
- Make sure to *check with your family doctor before the bike ride* to make sure there are no health risks to your kid.
- On the bike ride day, make sure your kid is at the right place at the right time.