

## PEDALS & PJs - GIRL GUIDE SLEEPOVERS AT NORTH SHORE BIKE PARK - 2024

### Participants will require:

1. SG.2 Permission Form **signed and handed in to Unit Guider** (*these will be handed in to the event organizer on-site after your youth arrive*)
2. North Shore Bike Park waiver **signed and handed in to Unit Guider** (*these will be handed in to the event organizer on-site after your youth arrive*)
3. H.1 Health Form **kept with Unit Guider** (*Guiders can print paper copies from ePACT or simply have ePACT access on your smartphone/device during the event - these do not need to be provided to the event organizer, but please have them on-hand and be aware of any youth needs*)
4. H.3 Medication Form (*only if a child uses prescriptions or OTC medications*) **brought to the event with any medication** (*to be kept with Unit Guider / Unit First Aider*)
5. Personal gear (*see kit list*)
6. Dinner (*please eat before arriving or upon arriving - check out the mall food court, open until 6pm, for convenient options*)

### Arrival/Departure Instructions:

- At least 1 adult volunteer from each unit should arrive early by 5:45pm to welcome families/youth from your unit.
- Families should arrive to check in with a Unit Guider between 5:45-6:00pm.
- Saturday pick-up is from 8:45-9:00am.
- **The North Shore Bike Park is offering a complimentary day pass extension and free gear rental to any registered sleepover participants who want to remain on-site with their family to enjoy the park on Sunday, March 3 after our event ends at 9:00am.**  
Permission/supervision is the responsibility of any parent/guardian whose child wants to do this. Additional riders (e.g. parents, siblings, etc) will require their own signed waiver and fees; please speak with the NSBP on Saturday evening or Sunday morning about those logistics as Girl Guides is not responsible for independent activities past 9am.
- Parking is available at Capilano Mall for family drop-offs/pick-ups; please follow any posted signage. Overnight parking is available for volunteers remaining on-site.
- Transit access is easily available; there are many bus routes that pass by Capilano Mall.

### Schedule:

#### *Evening*

5:45-6:00pm: Participant arrivals

6:15pm: Opening and safety info

6:30pm: Activity rotation #1

7:30pm: Activity rotation #2

8:30pm: Activity rotation #3

Mug-up / evening snacks

Campfire songs

Ready for bed & bedtime

#### *Morning*

Packing up

Breakfast

8:30am: Closing and thank-yous

8:45-9:00am: Participant departures