

Felix Ventures



60 Mile/ Lake Perris

Saturday, February 6, 2021 from 5:30am – 11:30 pm

Agenda

1. Take Attendance
2. Bike Trail Description: A 60 mile bike path down to Lake Perris. This is a great experience to exercise, and redeem your chance at the 50+ mile Bike Hike in November if you are on track for the 100 Club. The route will be mostly flat. The ride will start at Santa Fe Dam and will end at Marina Community Park in Seal Beach, from there we will load the bikes into the U-Haul and drive down to Huntington Beach where we will spend the rest of the day.
3. We will be meeting at WOHS on **Saturday, February 6, 2021 at 5:30am** to leave by 6:00am to arrive at the starting point. Bike riding should begin no later than 7am. We will be arriving back at WOHS on **Saturday, February 6, 2021 at 11:30pm.**
4. First-come, first-serve basis - we have room for the first 15 permission slips turned in with all completed forms turned in **by Wednesday, February 3, 2021.** You may take a picture, scan, or upload your PS and email it to fvofficers@gmail.com or drop it off at the FVF office during open office hours (see FVF website for dates and times: felixventures.org). Please call the office (626) 933-8902 before coming. Spots will be reserved based on when the PS is turned in.
5. Important Dates:
 - **Bike Check: There is no bike check for this trip, please take proper precaution and examine/test ride your bike well before the trip**
 - **Permission Slips Due: Wednesday, February 3, 2021 (emailed by midnight)**

****If you can no longer attend the trip, for any reason, you must cancel within 72 hours of the trip. Cancellations after 72 hours before the trip will receive negative points****

6. Review Itinerary
7. Review Packing List
8. Review 'Cycling Rules' Handout
9. What happens if I want to stop riding or my bike gets a flat?

NEW FORM for COVID-19: Please read and review the Mandatory COVID Form before attending the trip. ALL participants (venturers and adults) will be required to sign the form the day of the trip. Please make sure an appropriate adult can sign the form when you get dropped off. NO Exceptions

Other:

- a. If you leave anything behind, please stop by the FV to pick up your stuff within a week of the trip. After a week, your items will be donated to the Salvation Army.
- b. Helmets rentals. \$2.00. All riders must have a helmet to ride.
- c. Bikes are not provided. You may share bikes for this training.

All ventures must have a parent / guardian pick them up and their **BICYCLES**

FVF Policies Review

LOST AND FOUND POLICY: Anything left behind on trips will go to the Felix Ventures Foundation Lost and Found. You have 7 days to claim your things before it is donated to the Salvation Army.

ELECTRONICS POLICY: No use of Phones, iPods, or Gaming Devices allowed DURING any FVF activities. Phones Use will ONLY be allowed in case of emergency. (you got lost in the bike trail)

iPods or any type of music players will not be allowed for use during the ride.

DAMAGED EQUIPMENT/LOSS POLICY: We have checked all of our equipment. (What's broken, fixed, and etc.) You must return given equipment in the same condition it was given to you. You will be charged for returned damaged equipment.

72 HOURS CANCELTION POLICY: If for any reason you are no longer able to attend this trip, you must let one of the staff and or officers in charge know at least 72 hrs. before the trip. If you fail to do so, you will be penalized with negative points and will automatically be placed in the alternate list for the next trip.

COVID-19 Changes

What are we doing differently this year?

- COVID-19 Statement, Agreement, and Release Form
- NO vehicle cleaning.
- Equipment quarantine for a week and cleaning done by FVF staff.
- Temperature checks prior to each trip
- NO students allowed on campus.
- NO food groups: individually packaged food on trips
- Social distancing rules on trips (exceptions may apply)
- No sleeping in tents (exceptions will apply due to bad weather)
- Masks - MANDATORY (exceptions may apply)

What we provide:

- We will have extra masks available for emergencies.
- Hand Sanitizer will be available to everyone.
- Disinfecting wipes and/or spray will be available to everyone.
- Gloves will be available to anyone who wants them.

Transportation: We will have transportation for the first 15 ventures who turn in all their paperwork. You are welcome to provide your own transportation. Adults who wish to attend must turn in all adult forms. Adults that provide transportation for ventures will get a gas card and car wash gift card; as well as breakfast, dinner, and all equipment needed for the trip.

CONTACT INFORMATION:

Delaila Cuevas	SPL	(626) 202-8272
Elizabeth Amezola	ASPL	(626) 474-6634
Robert Alvarez	FVF Staff	(626)325-4598
Yuridia Duran	FVF Staff	(626) 388-6123

Packing List

1. 1Thin jacket or sweater (Morning start will be chilly)
2. T-shirt, loose shirt (Athletic clothing: Sport jerseys, Under Armor, Synthetics or loose thin cotton)
3. Shorts or loose pants if you're riding (Athletic clothing)
4. Comfortable sneakers
5. Water bottle (FULL OF WATER). We will be refilling your bottle at the checkpoints. There will be no access to FVF Office
6. Sunglasses (recommended)
7. Helmet (MANDATORY) FVF rentals are \$2.00. First come first served.
8. Bicycle (NOT Provided. Check with other people that might want to let you borrow)
9. Change of Clothes (optional)
10. Lawn Chair/blanket or large towel to sit on and something to provide some shade
11. Swimming clothes
12. Optional: Beach gear and swimming gear (boogie board, fins, life jacket)
13. Group Games (please keep in mind COVID-19 restrictions)
14. Sack Lunch (Sandwiches, Granola bars, Tupperware, tuna packets, fruits, beef jerky, etc.) There will not be a place to purchase food.
15. \$10 for emergency or food money
16. Camera (optional: BE CAREFUL)
17. Expected Weather: Please check weather and plan accordingly.

Cycling Rules

Traffic signs and signals tell drivers when to stop and when to go. They warn of railroad crossing and other hazards and tell you where you may ride. Bicycle riders are considered vehicles; **bicyclist must obey all traffic signs and signals.**

Traffic Lights

Red: Stop at red lights. Proceed when safe to do so.

Yellow: A yellow light is a warning that the light is about to turn red for a car, for you it's a red light.

Green: You may go on a green light, but you must look carefully to see if it is safe to go first.

Stop Sign

Come to a complete stop, at least for three seconds. Look to the right and the left. Proceed when safe to do so.

Yield

Slow down and let other vehicles or pedestrians go before you.

Pedestrians Crosswalk

Near a crosswalk, always watch both sides of the street for pedestrians. Pedestrians have the right of way.

School Crossing

At the School crossing, you **must** let pedestrians go first.

Railroad Crossing

Stop. Look for flashing lights and listen for the train whistle. **Never** ride through, around or under any crossing gate.

Road Construction

Watch for bumpy roads and large equipment.

Safety precautions

- In commercial areas watch for exits and entrances of cars that are coming in/out of the shopping center.
 - Before crossing a street make sure to look behind and check for cars that are turning into the street that you're crossing.
 - Always stay in the bike lanes. Sidewalks are for pedestrians only, unless it's an emergency.
 - Make sure to keep yourself hydrated.
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When biking always assign a HEAD and TAIL, preferably with prior cycling experience that will bike at a comfortable pace and will keep the group moving together. It's recommended to have a fast bike as TAIL, and a slow biker as HEAD. Venturers should keep the distance between bikers to a minimum and can only really move as fast as their slowest biker. No one ever passes the HEAD or falls behind the TAIL. However, avoid "tailing" the person in front of you. Do not get too close, if the rider in front of you stops quickly and you hit their back tire. You will fall forward and can severely injure yourself.

If an injury/situation occurs the TAIL will make the decision to alert the group to help attend to a serious injury/situation or take care of it on their own and continue the ride. Adults should be notified of all injuries (minor and major) as soon as possible.

If a venture needs to stop due to a flat tire, not feeling well, restroom, etc., and the TAIL is not aware; another rider needs to stay with the person "stopping" till the TAIL arrives or is aware of the situation.

Riders should follow assigned rules of the bike path. Be careful with small rocks and sand, they can make your bike slip.

All riders are required to stay in a group once they are finished until the drivers arrive or are given further instructions by a venture/adult in charge.

You must help load your bike into the trailer before you leave to go play/swim in the ocean/beach.