



## Camp Instructions for Parents & Caregivers

- ✦ On the first day of camp you should plan to arrive at the camp location 15 minutes before your scheduled time to check in and receive any necessary instructions. Other days you should arrive 5 minutes early.
- ✦ Each session will run approximately 1 hour and 15 minutes, with the last 10 minutes (approximately) for staff to discuss the child's performance with parents.
- ✦ No child will be allowed to ride without a helmet for obvious safety reasons. The child is expected to arrive with a proper helmet suitable for biking.
- ✦ Please wear tennis or similar closed toe shoes and comfortable clothes for riding a bicycle. No baggy pants or dresses.
- ✦ Participants are asked to remain outside the gym entrance each day until their session starts.
- ✦ PLEASE have your child go to the restroom *before* their session starts each day.
- ✦ In general we prefer to have children dropped off at the camp and picked up at the end of their session. *However*, on the first day we prefer to have the parents nearby, but out of view of their children, so they are available if any problems arise. In some instances the child will be better motivated if the parent or caregiver remains. This will be determined on a case by case basis.
- ✦ Please do not practice bike related activities at home when your child is enrolled (for the camp's duration). Our experience has been that the children are more likely to be successful if we provide all of the training during the camp week. Practicing at other times involves non-productive activities, reinforces improper motor planning, and also makes the children more likely to be tired and not do well at camp the next day.
- ✦ Please send a water bottle for your child. Make sure any items are clearly labeled with your child's name.
- ✦ At different times during the camp we will visit with you about ways to keep your child riding after the camp is over.
- ✦ As the week progresses, we will keep you informed, and at some point have you come into the riding environment so as to be trained to take over should your child still require some support. Some children ride so well that they need little

coaching, but some still do. That support should your child require it means actively running, so be prepared to run. If you are not able to run for any reason, consider identifying a sibling, cousin, neighbor, or somebody who can continue to work with your child.

- ✦ Getting your child able to transition over to a family provided bicycle is important. We will be letting you know about selecting a bicycle as the week progresses. See our Bicycle Selection notes.