



iCAN BIKE CAMP– Monday

GETTING STARTED

Monday is the first day of bike camp. I will meet my volunteers who will help me learn to ride a bike.

I will put on my helmet. The volunteers or iCan Shine Staff may adjust my helmet to make sure it fits correctly.



ROLLER BIKE

Today I will ride a roller bike. Roller bikes have a normal tire in the front and a roller on the back instead of a back tire.

The iCan Shine staff will fit me on my roller bike. Then, I will ride laps around the cones.



VERSION 2: *Appropriate for older riders and/or riders with low support needs*

ASSIGNED SPOT

In the pit, where the bikes are lined up, there will be numbered poly spots on the floor.

The volunteers will tell me my assigned number, and my roller bike will be set up on that spot.



TAKING BREAKS

If I need to take a break or if the iCan Shine staff ask me to park my bike, I will bring my bike back to my number.

I will take a short break. Then, I will ride again.



CHANGE OF DIRECTION

During the session, the iCan Shine staff will call out, "Change Direction."

I will turn around and ride the roller bike the opposite way. This helps me practice making both right and left turns.

WRAPPING UP

I will ride my roller bike until the session is over. Then, I will be finished riding for the day.

I will come back to Bike Camp tomorrow and ride the roller bike again.



iCAN BIKE CAMP– Tuesday

GETTING STARTED

Tuesday is the second day of bike camp. I will see my volunteers. They might be the same as yesterday or different.

I will put on my helmet. The volunteers or iCan Shine Staff may adjust it to make sure it fits.



ROLLER BIKE

Today I will continue to ride the roller bike.

I will walk over to my number with my volunteers. The iCan Shine staff will fit me on my roller bike. Then, I will ride laps around the cones.



VERSION 2: *Appropriate for older riders and/or riders with low support needs*

TANDEM BIKE

Today I will ride on the tandem bike. It is a bike for two people. The iCan Shine staff will sit in the back. I will sit in the front.

The tandem bike lets me feel what it's like to ride a two-wheel bike. It also helps the staff identify any skills I need to continue to work on.



TANDEM BIKE CON'T

The iCan Shine staff will let me know when it is my turn to ride the tandem bike.

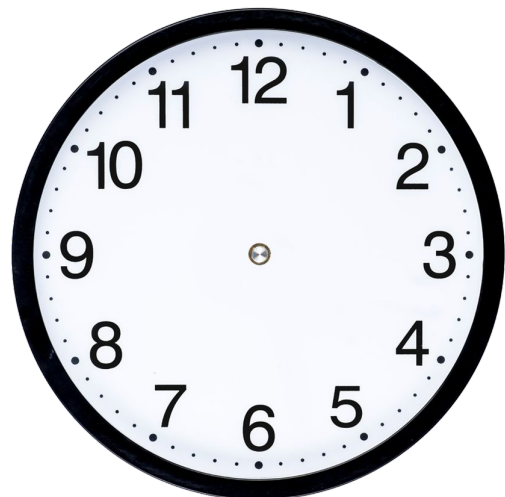
I will ride the tandem bike with the iCan Shine staff. Then, I will get back on my roller bike and ride again.



WRAPPING UP

I will ride my roller bike until the session is over. Then, I will be finished riding for the day.

I will come back to Bike Camp tomorrow and ride the roller bike again.





iCAN BIKE CAMP– Wednesday

GETTING STARTED

Wednesday is the third day of bike camp. I will see my volunteers. They might be the same as other days or different.

I will put on my helmet. The volunteers or iCan Shine Staff may adjust it to make sure it fits.



ROLLER BIKE

Today I will continue to ride the roller bike.

I will walk over to my number with my volunteers. The iCan Shine staff will fit me on my roller bike. Then, I will ride laps around the cones.



VERSION 2: *Appropriate for older riders and/or riders with low support needs*

TWO-WHEEL BIKE

Today, I might try riding a two-wheel bike. If I do, the iCan Shine staff will tell me when it's my turn.

The iCan Shine staff will run next to me while I ride the two-wheel bike.



AFTER THE TWO-WHEEL

After the two-wheel, the iCan Shine staff will tell me what's next.

I may continue riding the two-wheel bike. If I do, I might ride inside, or I might go outside to ride.

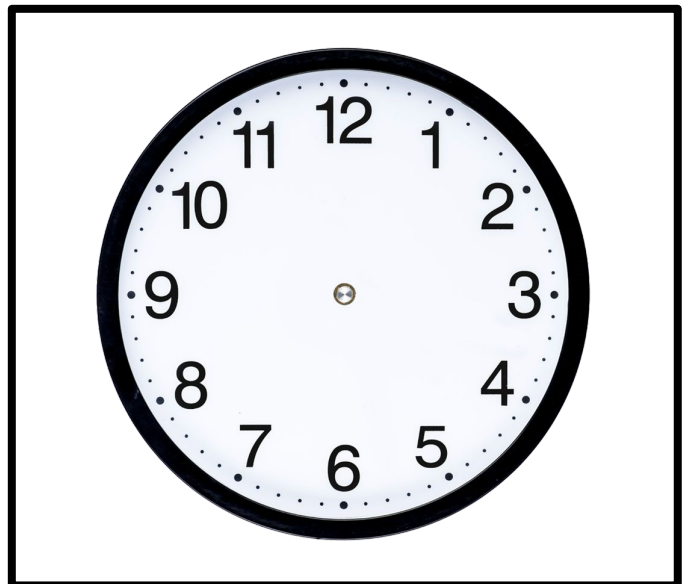
Or, I may go back to the roller bike for more practice. If I do, I'll continue to ride the roller bike inside.



WRAPPING UP

I will ride until the session is over. Then, I will be finished riding for the day.

I will come back to Bike Camp tomorrow and ride again.





iCAN BIKE CAMP– Thursday

GETTING STARTED

Thursday is the fourth day of bike camp. I will see my volunteers. They might be the same as other days or different.

I will put on my helmet. The volunteers or iCan Shine Staff may adjust it to make sure it fits.



BIKE

I will walk over to my number with my volunteers. The iCan Shine staff will fit me on my bike.

If I am starting on a two-wheel bike, I might ride inside or outside.

If I am starting on a roller bike, I will ride laps around the cones inside.



VERSION 2: *Appropriate for older riders and/or riders with low support needs*

TWO-WHEEL BIKE

If I started on a roller bike, I might try riding a two-wheel bike today. If I do, the iCan Shine staff will tell me when it's my turn.

They will run next to me while I ride the two-wheel bike.



AFTER THE TWO-WHEEL

After the two-wheel, the iCan Shine staff will tell me what's next.

I might continue riding the two-wheel bike. If I do, I might ride inside, or I might go outside to ride.

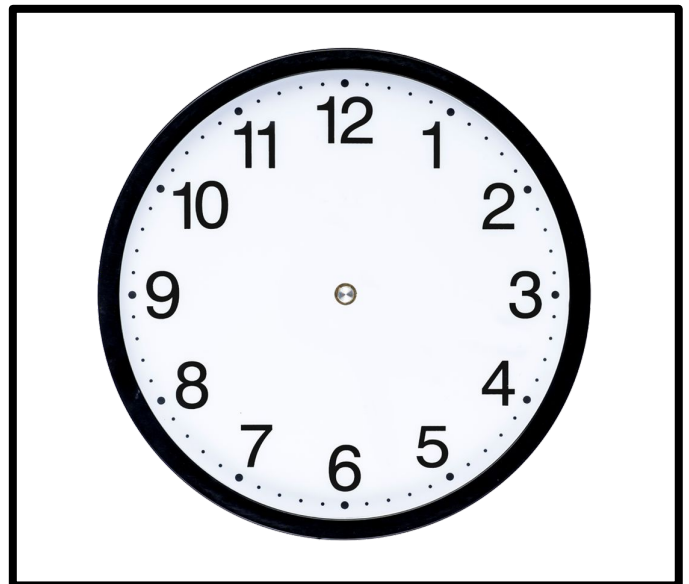
Or, I might go back to the roller bike for more practice. If I do, I'll continue to ride the roller bike inside.



WRAPPING UP

I will ride until the session is over. Then, I will be finished riding for the day.

I will come back to Bike Camp tomorrow and ride again.





iCAN BIKE CAMP– Friday

GETTING STARTED

Friday is the last day of bike camp. I will see my volunteers. They might be the same as other days or different.

I will put on my helmet. The volunteers or iCan Shine Staff may adjust it to make sure it fits..



BIKE

I will walk over to my number with my volunteers. The iCan Shine staff will fit me on my bike.

If I am starting on a two-wheel bike, I might ride inside or outside.

If I am starting on a roller bike, I will ride laps around the cones inside.



TWO-WHEEL BIKE

If I started on a roller bike, I might try riding a two-wheel bike today. If I do, the iCan Shine staff will tell me when it's my turn.

They will run next to me while I ride the two-wheel bike.



AFTER THE TWO-WHEEL

After the two-wheel, the iCan Shine staff will tell me what's next.

They will tell me which bike to ride, and they will let me know if I'll be riding inside, outside, or both.



WRAPPING UP

I will ride until the iCan Shine staff say we are finished for the day.

Today, the session might end early for a celebration to recognize my effort and to remember the fun week.

If I brought my own bike to camp, I will take it home. I will continue to practice riding at home.

