

# MONDAY

## iCan Bike Camp



**VERSION 1:** Appropriate for younger riders and/or riders with high support needs

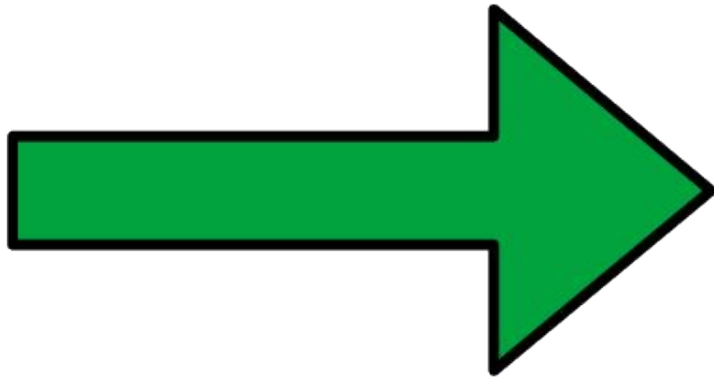
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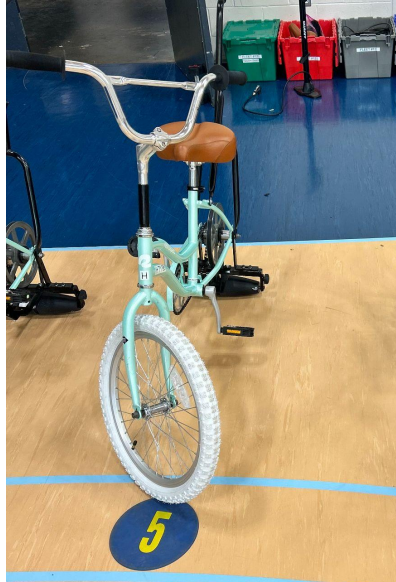
**Monday is the first day of bike camp.  
I will meet my volunteers. They will  
help me learn to ride a bike.**



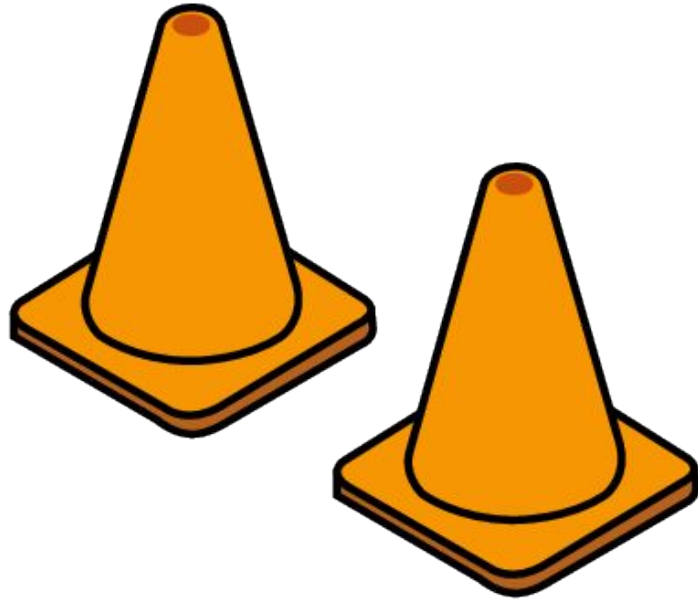
**I will put my helmet on. A volunteer or iCan Shine staff might adjust my helmet to make sure it fits correctly.**



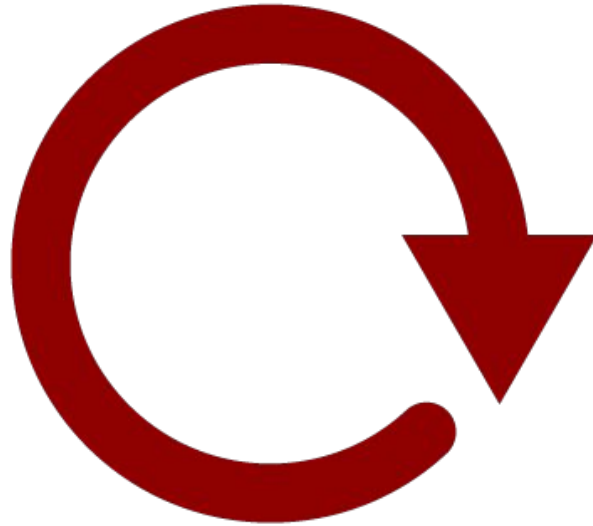
**I will go to the pit. This is where  
all of the bikes are lined up.**



**My volunteers will show me my spot with my number. iCan Shine Staff will fit me on my roller bike.**



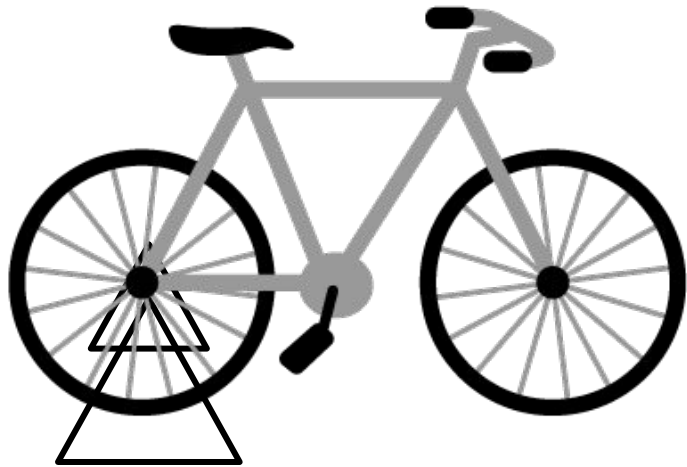
**I will ride my roller bike around the cones. I will ride in circles again and again.**



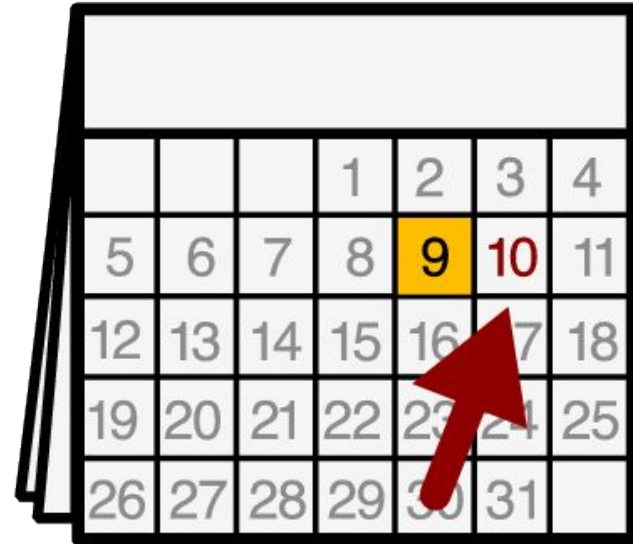
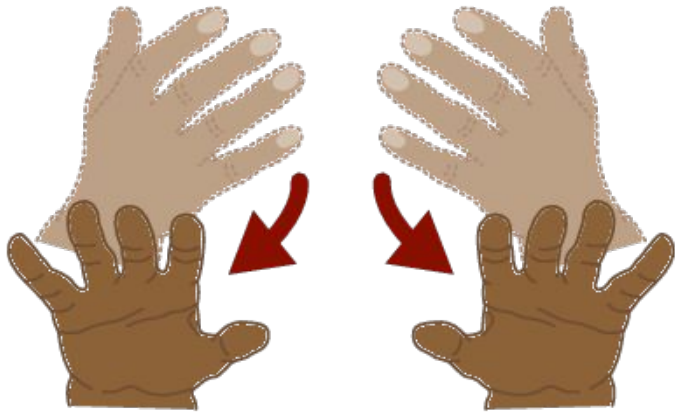
**When the iCan Shine Staff say to change direction, I will turn around and ride the other way. This helps me practice right turns and left turns.**



**When I need a break, I will let my volunteers know. I will take a short break. Then, I will ride again.**



**The iCan Shine staff might ask me to park my bike at my number. I might ride on the stationary bike. Then, I will ride my roller bike again.**



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

**Riding a bike is so much fun! I will come back to Bike Camp tomorrow.**

# TUESDAY

## iCan Bike Camp



**VERSION 1:** Appropriate for younger riders and/or riders with high support needs

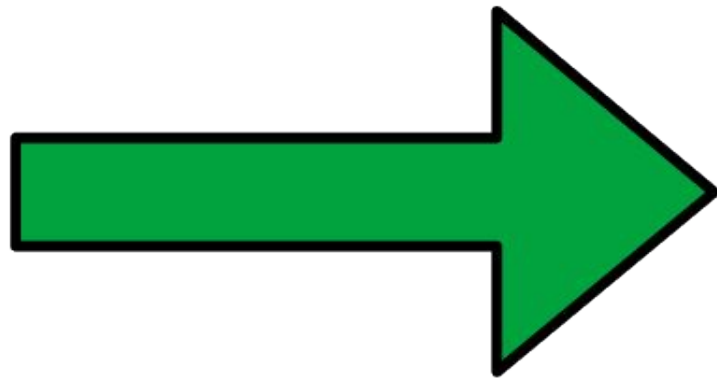
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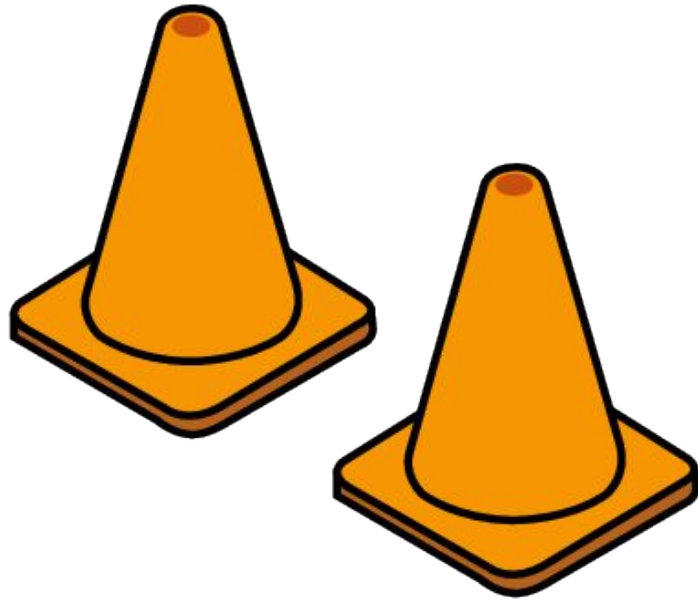
**Tuesday is the second day of bike camp. I will see my volunteers. They might be the same people as yesterday or they might be different.**



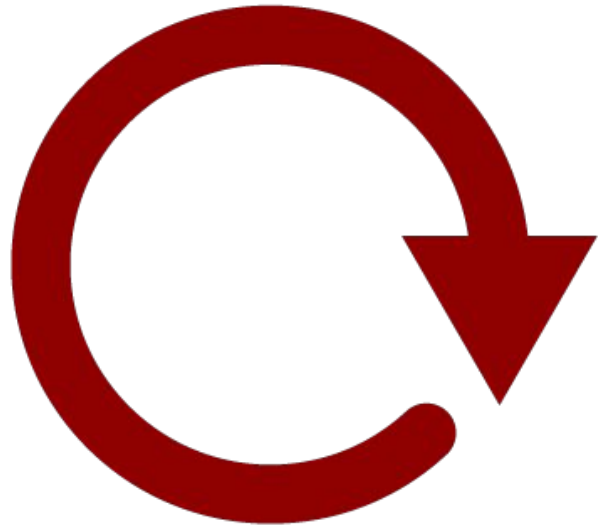
**I will put my helmet on. My volunteers or iCan Shine staff might adjust my helmet.**



**I will go to my number in the pit  
and get fit on my roller bike.**



**I will ride my roller bike around  
the cones. I will ride in  
circles again and again.**



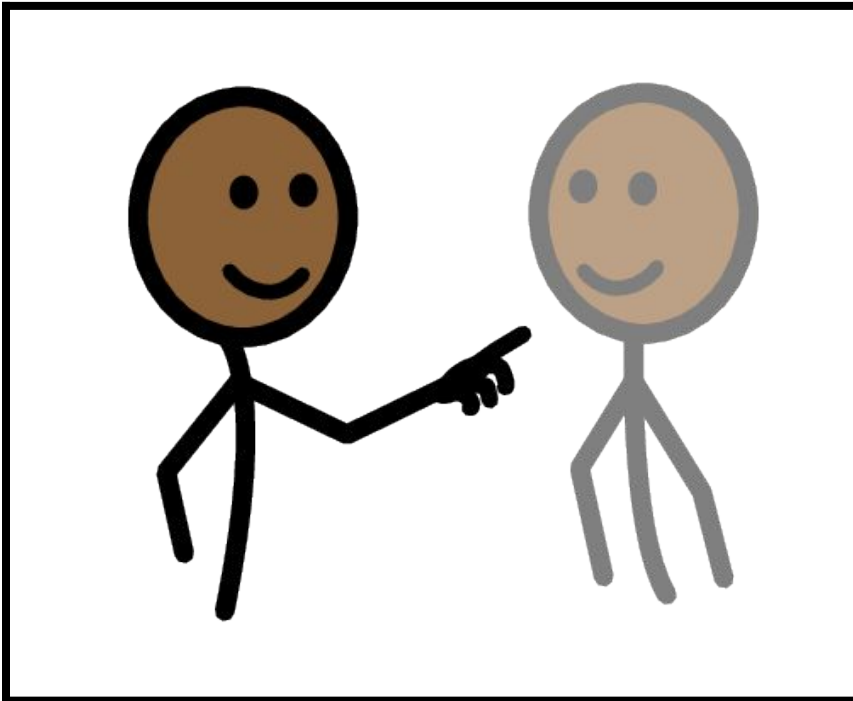
**When the iCan Shine Staff say to change direction, I will turn around and ride the other way.**



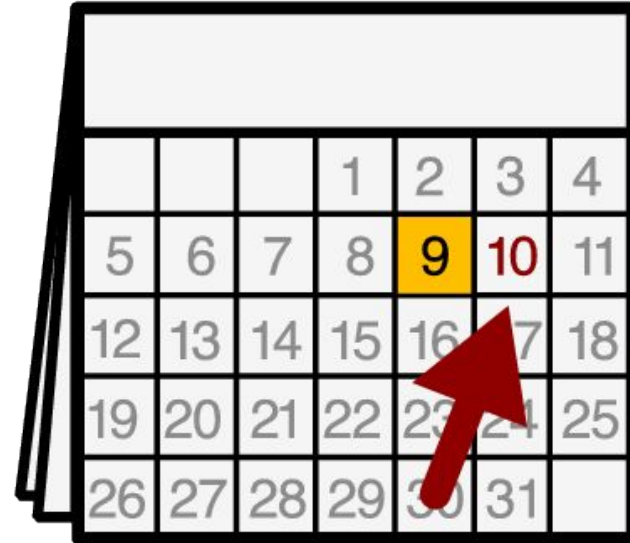
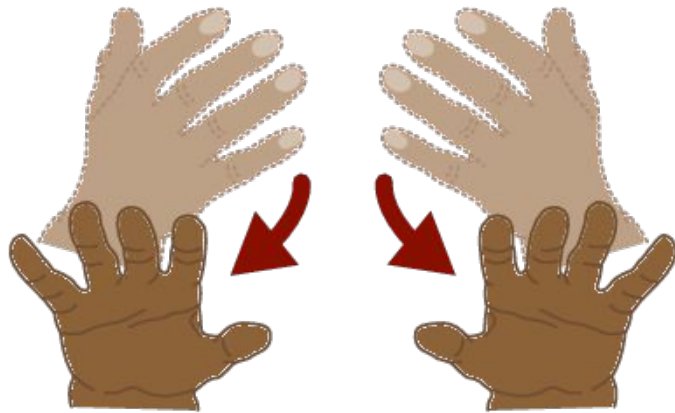
**When I need a break, I will let my volunteers know. I will take a short break. Then, I will ride again.**



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



**The iCan Shine staff will tell me when it is my turn to ride the tandem. I will ride on the tandem. Then, I will get back on my roller bike and ride more.**



**I will ride my roller bike until the session is over. Then, I will be finished. Bike riding is amazing! I will come back to Bike Camp tomorrow.**

# WEDNESDAY

## iCan Bike Camp



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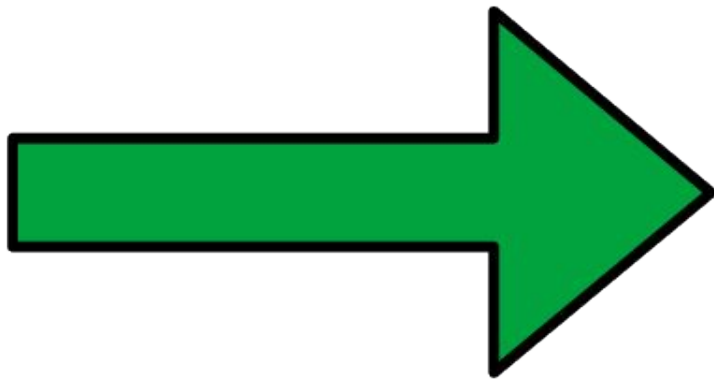
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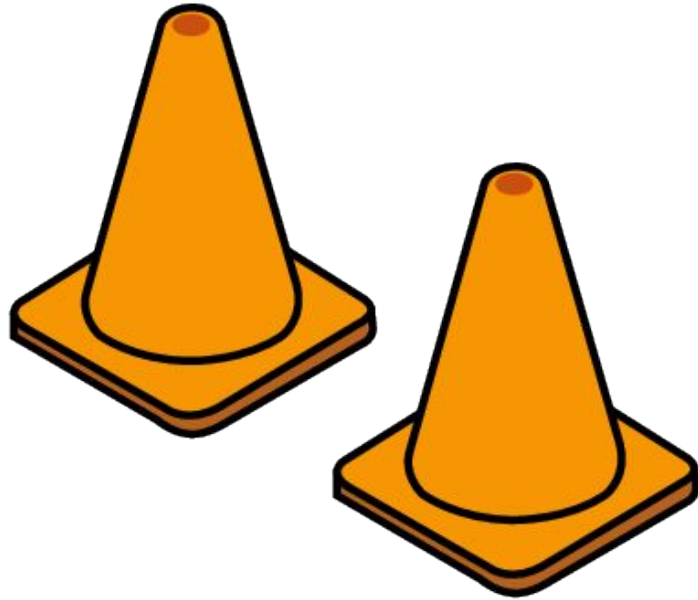
**Wednesday is the third day of bike camp. I will see my volunteers. They might be the same people from other days, or they might be different.**



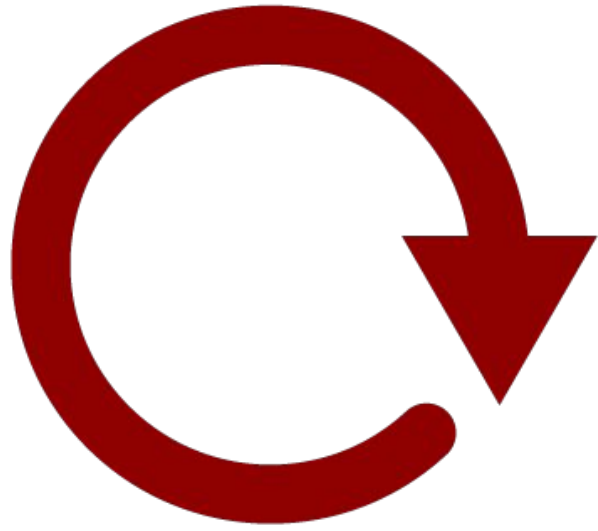
**I will put my helmet on. My volunteers or iCan Shine staff might adjust my helmet.**



**I will go to my number in the pit  
and get fit on my roller bike.**



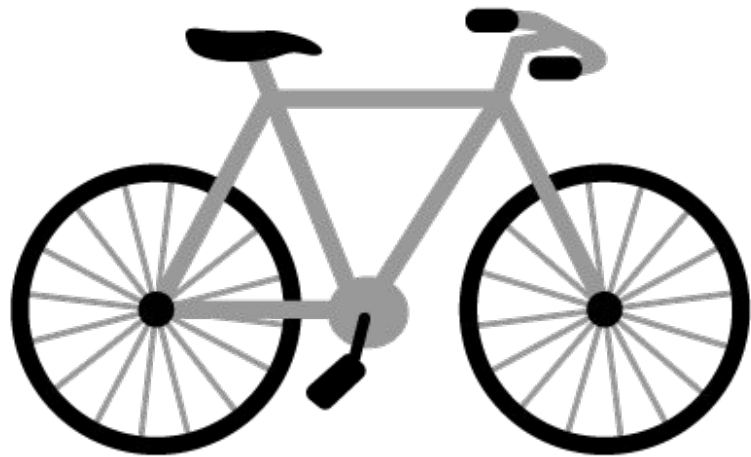
**I will ride my roller bike around the cones. I will ride in circles again and again.**



**When the iCan Shine Staff say to  
change direction, I will turn  
around and ride the other way.**



**When I need a break, I will let my volunteers know. I will take a short break. Then, I will ride again.**



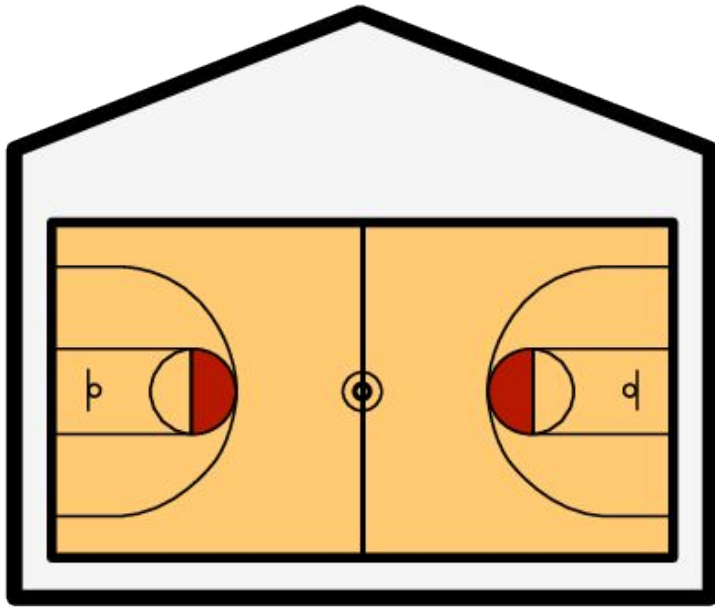
**Today I might try riding a two-wheel bike. If I do, the iCan Shine staff will tell me when it's my turn. They will run next to me.**



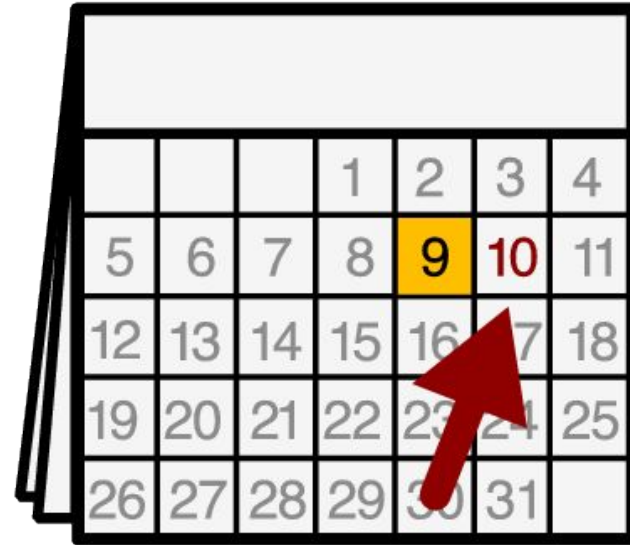
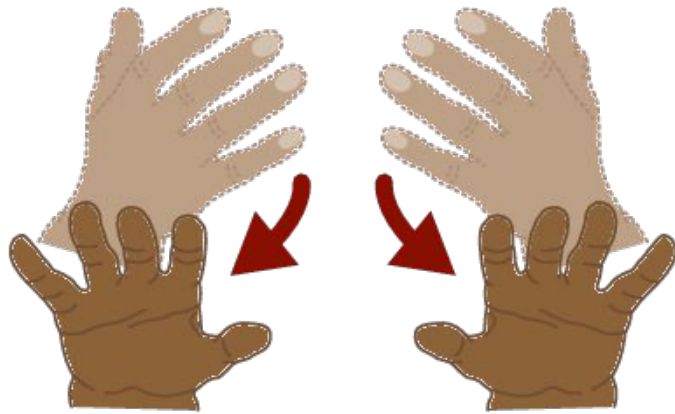
**After the two-wheel bike, the iCan Shine staff will tell me what's next. I might keep riding the two-wheel bike, or I might go back to the roller bike.**



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



**If I go back to the roller bike,  
I will keep riding inside.**



**I will ride the bike until the session is over. Then, I will be finished. Riding a bike is awesome! I will come back to Bike Camp tomorrow.**

# THURSDAY

## iCan Bike Camp



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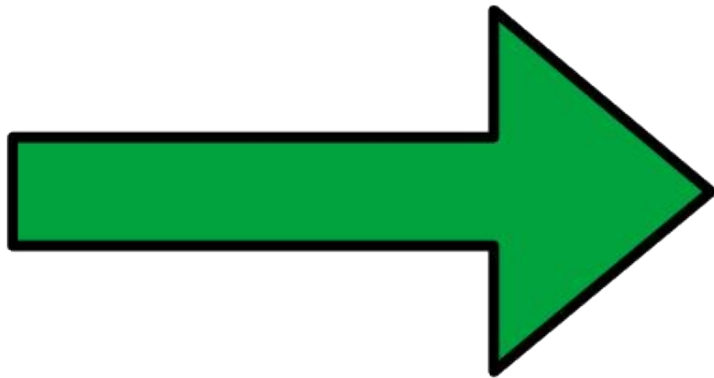
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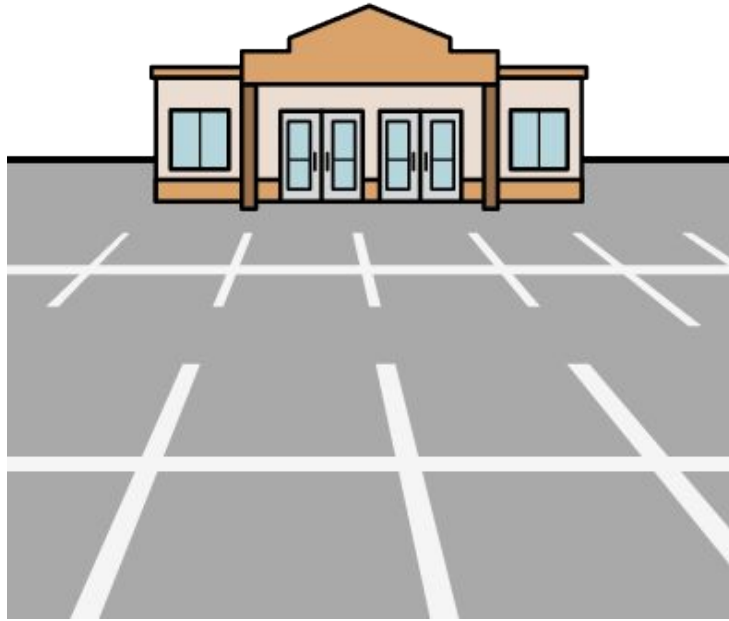
**Thursday is the fourth day of bike camp. I will see my volunteers. They might be the same people from other days, or they might be different.**



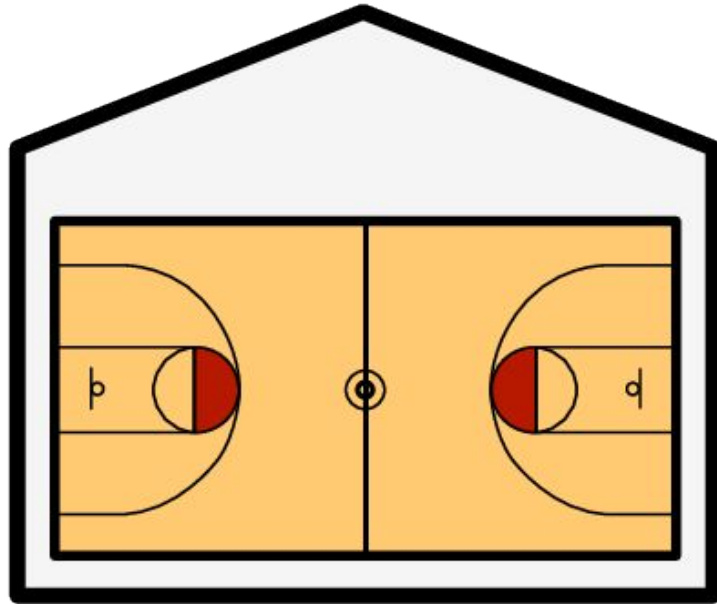
**I will put my helmet on. My  
volunteers or iCan Shine staff  
might adjust my helmet.**



**I will go to my number in the pit and get fit on my bike.**



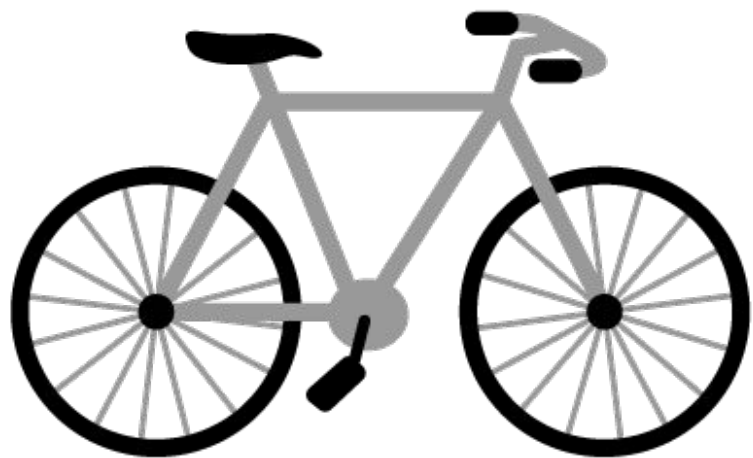
**If a two-wheel bike is on  
my number, I might ride  
inside, outside, or both.**



**If a roller bike is on my number,  
I will ride inside. I will ride in  
circles around the cones.**



**When I need a break, I will let my volunteers know. I will take a short break. Then, I will ride again.**



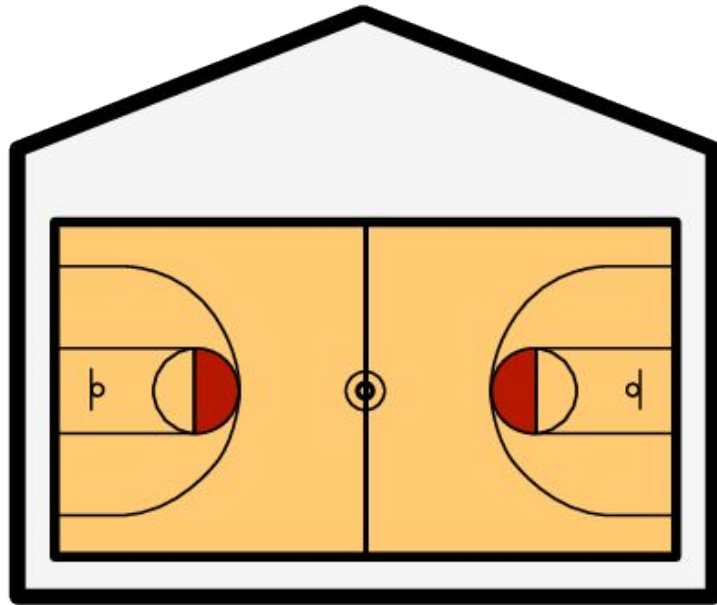
**If I am riding a roller bike, I might try riding a two-wheel bike today. The iCan Shine staff will tell me when it's my turn. They will run next to me.**



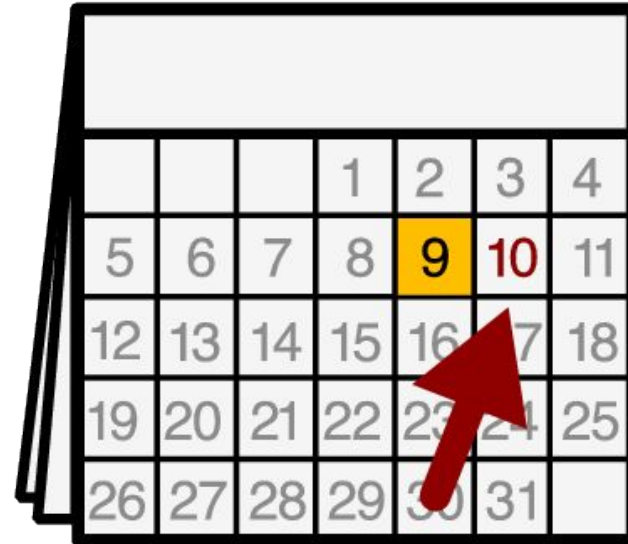
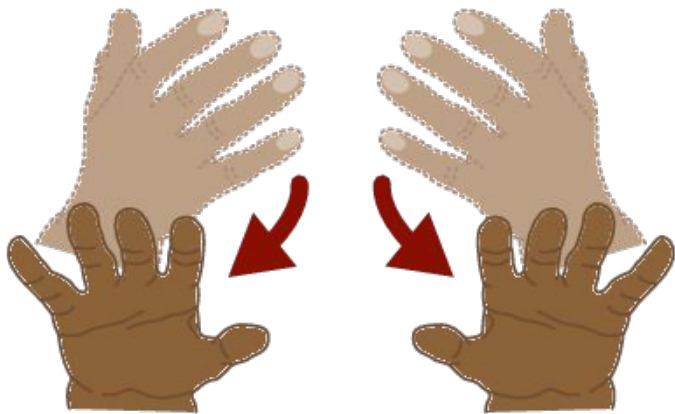
**After the two-wheel bike, the iCan Shine staff will tell me what's next. I might keep riding the two-wheel bike, or I might go back to the roller bike.**



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



**If I go back to the roller bike,  
I will keep riding inside.**



**I will ride the bike until the session is over. Then, I will be finished. Riding bikes is great! I will come back to Bike Camp tomorrow.**

# FRIDAY

## iCan Bike Camp



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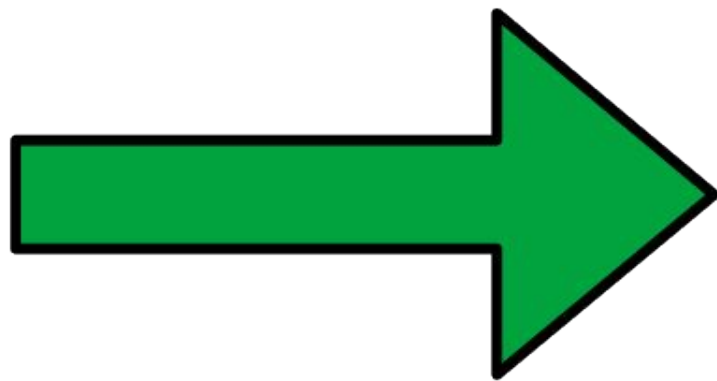
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**Friday is the last day of bike camp.  
I will see my volunteers. They  
might be the same people from  
other days, or they might be different.**



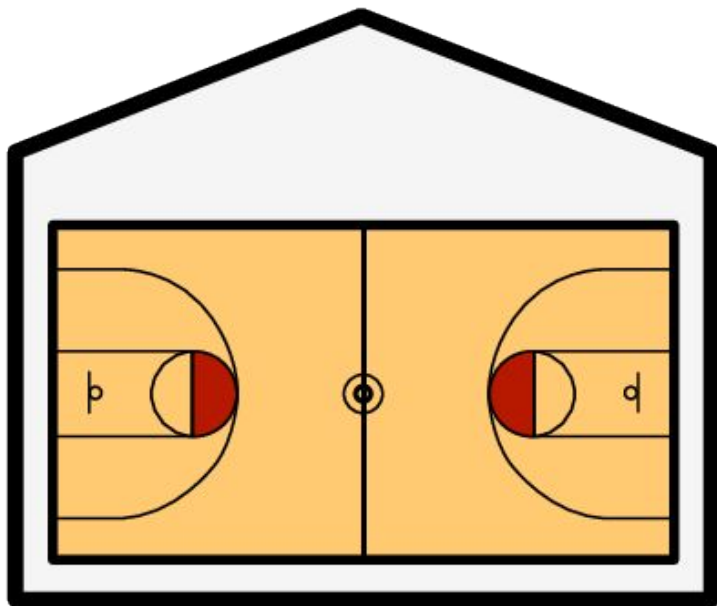
**I will put my helmet on. My volunteers or iCan Shine staff might adjust my helmet.**



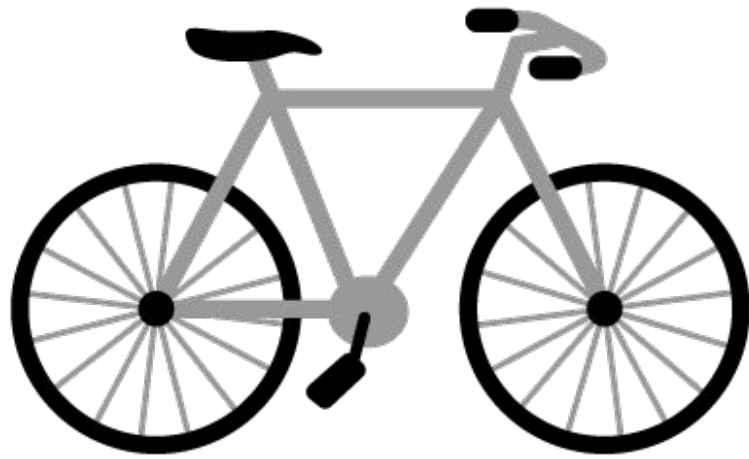
**I will go to my number in the pit  
and get fit on my bike.**



**If a two-wheel bike is on my number, I might ride inside, outside, or both.**



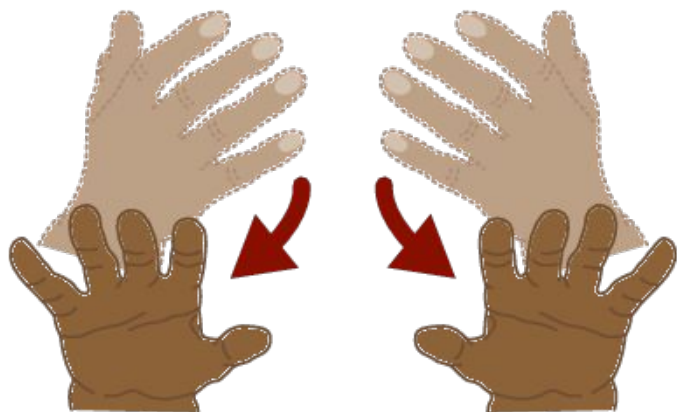
**If a roller bike is on my number,  
I will ride inside. I will ride in  
circles around the cones.**



**If I am riding on a roller bike, I might try riding a two-wheel bike today. The iCan Shine staff will run next to me.**



**After the two-wheel bike, 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.**



**I will ride until the iCan Shine staff say we are finished for the day. Then, we might have a celebration to recognize my hard work and to remember the fun week at Bike Camp!**



**If I brought my own bike to camp, I will take it home when the session is over. I will continue to practice riding after camp! Bike Camp is so much fun!**