



# iCan Bike Camp

## Frequently Asked Questions

### My child has a disability other than Down syndrome - should I still apply?

Yes! The Down Syndrome Association of Central Ohio (DSACO) is hosting the camp, but all children and young adults with a disability are welcome to apply. We have hosted campers with a wide range of abilities and disabilities. The application, which is first come first serve, as long as all requirements are met, will open on Monday, March 2.

### What is the age limit?

DSACO has established a minimum age of 10, as we have found that children under this age often repeat iCan Bike Camp. By setting this minimum age of 10, we hope to minimize this. There is no upper limit.

### What are the times of the camp?

#### Monday Schedule

|           |                     |
|-----------|---------------------|
| Session 3 | 11:40 AM - 12:55 PM |
| Session 4 | 2 - 3:15 PM         |
| Session 5 | 3:35 - 4:50 PM      |
| Session 1 | 5:10 - 6:25 PM      |
| Session 2 | 6:45 - 8 PM         |

Each camper is assigned to one of these 5 sessions, and will attend that session all week. (For example, campers assigned to Session 3 will attend Monday - Friday at 11:40 AM). Sessions are 75 minutes long, and up to 7 campers will be assigned to each session.

Sessions begin promptly at the times listed to the left. We ask that riders arrive ten minutes early to allow time to use the restroom, put on their helmet, and fill their water bottle before their session begins.

#### Tuesday - Friday Schedule

|           |                     |
|-----------|---------------------|
| Session 1 | 8:30 - 9:45 AM      |
| Session 2 | 10:05 - 11:20 AM    |
| Session 3 | 11:40 AM - 12:55 PM |
| Session 4 | 2 - 3:15 PM         |
| Session 5 | 3:35 - 4:50 PM      |

In the event a session has less than the iCan Shine required number of campers in a session (4), there is a possibility that all 5 sessions may not be available.

**Note:** Due to a scheduling conflict, Sessions 1 and 2 will be held in the evening on Monday ONLY. Campers enrolled in these sessions must be available to attend camp on all scheduled days.

## Can I select which session my camper attends?

Please indicate any time limitations on your application. The application will allow you to rank which time slots work best for your schedule. We ask you to be flexible, as iCan Bike staff asks us to divide campers up so that each session has a range of ages, sizes, and abilities.

NOTE: Sessions 1 & 2 will have different times on Monday ONLY due to a scheduling conflict. If placed in these sessions, riders must be able to attend all days.

## Do I need to bring a bike?

You will need to bring a bike no later than Wednesday of camp week. Early in the week of camp, staff will make suggestions in terms of frame size and other details they recommend for your rider. We will also provide information about bike shops in our area that may be able to help you. While we understand that the makes and models that we suggest may be pricey, our goal is for your child to have the opportunity to learn to ride on a bike that will be durable and safe. Bringing your bike as early as Monday gives iCan Shine staff time to look at your rider on the bike to ensure the best fit. If, for some reason, the bike won't work for your camper, that gives you a little extra time to shop.

## Will there be a parent orientation?

A parent orientation will be held at 3 PM on Sunday, May 31, the day before camp starts, at Columbus Academy. It will be an opportunity for parents/caregivers to meet camp staff, learn more about how best to support your camper during and after the week, and learn more about bike selection. Riders should not attend the orientation.

## What is expected of parents during the week of camp?

Parents are expected to ensure their camper arrives prepared 10 minutes before the start of their session and to stay on-site (or ensure that another responsible adult is on-site). Parents are also required to commit to a level of participation which includes:

- Obtaining a bike for your child so that they can transition to their own bike
- Learning to 'spot' for your child towards the end of the week. (You, another family member, or a caregiver will come prepared to run alongside your rider as they learn to ride.

## Who are the iCan Bike staff?

The iCan Bike staff, who will travel to Columbus to run our camp, are highly trained. Both a Floor Supervisor and a Bike Technician will be on hand to ensure that campers are using the right bike for their size, strength, and ability, and are being assisted properly by the volunteers, and are safe.

## Who are the volunteers that will work with my camper?

Each camper will be assigned one or two volunteer 'spotters' that will walk and run as the camper pedals. These volunteers typically include siblings, therapists, aides, and college and high school students. Volunteers must be at least 14 years of age and be physically capable of running with riders.

## How do I get a sibling, friend, neighbor, therapist, or aide signed up as a volunteer spotter?

If someone special in your camper's life want to be a spotter for them, please make sure that is mentioned both on the camper's application and the spotter's application. Please remember that we will consider what is in the best interested of the camper. In most cases, parents are discouraged from acting as a spotter for their child. Volunteer registration is available at [dsaco.net/icanbike](https://dsaco.net/icanbike).

## What should my child wear and bring to camp?

All riders are required to bring a water bottle and a properly fitted helmet to ensure their safety throughout the camp. Since your child will be riding a bike regularly, it is recommended that they wear

## How do we sign up for this camp and is their a waiting list?

To sign up for DSACO's iCan Bike Camp, please visit the DSACO website for registration details at [dsaco.net/icanbike/](https://dsaco.net/icanbike/) or click the registration link on the iCan Shine website. If the number of registrants exceeds 40 riders, a waiting list will be implemented. Be sure to register early to secure your child's spot!

Scan to Apply to Be a Rider!



Scan to Become A Volunteer!



If you have questions, please contact Lucy Maddrill at [bikecamp@dsaco.net](mailto:bikecamp@dsaco.net).