



How Parents & Guardians Can Help

Prior to the start of the iCan Bike Week

- Refer to our website www.icanshine.org where we have many videos of our bike camps on our home page. Riders can see pictures of roller bikes and watch videos to see what they will be doing during the program.
- Watch the 10 minute video on our Parents page entitled 'Selecting the Most Suitable Bike for Learning' to learn what features to look for in purchasing an appropriate bike for your rider.
- Read the document on our Parents page entitled 'Selecting the Right Bike and Helmet' which includes our **recommended makes and models of bikes** and bring it with you when purchasing a bike.
- Make sure rider has a properly fitted bike helmet.
 - If your rider has not worn a helmet before and/or has a hard time wearing one, start practicing now! You can start small and build up the amount of time they wear their helmet. Make 'helmet time' fun and this can even be something the whole family joins in on!
- Our data shows the most common reason riders are not riding by the end of the camp week is pedaling. This could be lack of pedaling or slow pedaling related to motor planning, coordination, fitness and/or fear. If your rider is not currently consistently pedaling on any type of bike, now is a great time to start working on this skill so they come into camp as prepared as possible. They can practice on a bike with training wheels, a stationary bike or you can even prop up a bike with training wheels on some blocks if you do not have access to a stationary bike or your rider does not fit on one.

During the iCan Bike Week

- Don't forget your riders helmet!
- Limit anxiety by arriving 5-10 minutes before the session start time to sign in, get

- a name tag and meet and greet your rider's assigned volunteers.
- Be prepared – snack, water and restroom stop before your session.
 - Make sure to attend all 5 days of the program. Every day is important.
 - Bring your riders bike into the program as early as possible for transition at the end of the week. (Reference our 'Selecting the Right Bike and Helmet' document found on our website for more information).
 - Dress rider for bike riding (shorts, t-shirt, sneakers). No open toe shoes are permitted. Baggy pants, and long skirts or dresses are prone to catching in the gears or chain of the bike and pose a safety hazard.
 - Make sure the rider gets adequate sleep & nourishment. It's hard work riding a bike for 75 minutes.
 - Parents/guardians may be asked to leave the riding area if their presence is a distraction to the rider's ability to remain focused. Please don't take it personal as our mutual goal is to get your rider riding by the end of the program. We will consult with you and make this decision together.
 - No biking at home this week. Only biking at the bike program.
 - Do not introduce any new activities this week because we do not want to overload the rider with too many new skills. Learning to ride a bike takes a lot of motor planning and processing.
 - Talk about each day's activities at home. Help set goals for the next day (e.g., number of laps, time on the bike before breaks, etc.)
 - Discuss rewards for riding (immediate and long term). Be prepared to offer ideas to the staff if motivation is needed during the week.
 - A parent or guardian must remain on site during the program in case of emergency and to offer support to their rider. Also, you won't want to miss the progress your rider makes and the first time they are on two wheels!
 - After the program week many riders will still need the assistance of a person running alongside. Identify this person and have them at camp on Friday, dressed for running. iCan Bike staff will train your family designee to spot the rider.
 - Celebrate! It is quite an achievement learning to ride a two-wheel bike in only 5 days. Take photos and share them with friends and family and on our Facebook page. Bring family members on Friday to join in the celebration.