



Common Questions & Answers

(Parents, Volunteers and Hosts)

Parents:

Q: What are the requirements for participation in bike camp?

A: Each participant must meet **all** of these requirements:

- be at least 8 years old (no upper age limit)
- have a disability
- walk without an assistive device (e.g., walker or cane)
- be able to side-step to both sides
- be able and willing to wear a properly fitted bike helmet at all times when on a bicycle
- have a minimum inseam measurement of at least 20" when measured from the floor, wearing sneakers
- be able to attend all five (5) days of camp
- not exceed 220 lbs

Q: How do I locate and sign a participant up for bike camp?

A: Please visit our [Camp Locations](#) page to utilize our Map feature to find a camp near you. When using the map, simply click on the icon indicating a camp location to see a pop-up box providing basic details

about a camp (e.g. when, where and host name with link to registration and contact information).

Q: How many days is camp?

A: All bike camps take place over a five (5) day period M – F.

Q: How long do participants attend camp each of the five days?

A: Each participant attends the same 75-minute session each day (M – F) while their parent/guardian looks on from the sidelines. There are five (5) daily 75-minute sessions of which to choose from on the registration form.

Q: Can I choose which 75-minute session we are interested in enrolling?

A: Yes, as part of the registration process, we ask parents/guardians to identify their 1st, 2nd and 3rd choice (in order of preference) of the five (5) 75-minute daily sessions in which they would like to be enrolled. Each participant attends the same 75-minute session each day of camp.

Q: Does my participant need any bike riding experience to participate in bike camp?

A: No. Most participants do not have any, or have little, experience in attempting to ride a bike. If you are looking to help prepare them, pedaling practice (on a stationary bike, bike with training wheels or trike) is always helpful. Additionally, this enables practicing wearing a helmet if you think this may be an issue.

Q: How much is the participant registration fee to participate in bike camp?

A: Registration fees for camp are set by the local camp host but generally range between \$100 and \$250 with the average being about \$200.

Q: Are there scholarships or registration fee discounts available?

A: This varies by camp location and is solely determined by the local camp host with whom you should inquire.

Q: Is there an orientation and, if so, when and who attends?

A: We have a one-hour parent and volunteer spotter orientation (participants do not attend) on the Sunday immediately before camp

starts. Although attending this ordination is highly recommended, it is not mandatory for participation at camp.

Q: What is the background of the iCan Bike staff that run the camp?

A: Most iCan Bike staff are full-time teachers (e.g. elementary, special education or adapted PE), graduate and doctoral college students (e.g. Kinesiology) or therapists. Some iCan Bike staff are not educators by trade but are more mechanically inclined and/or bike enthusiasts that have flexibility in their full-time career to work as Bike Technicians at our summer camps. All iCan Bike staff undergo multi-week, comprehensive, at-camp training specific to their specific roles (Floor Supervisor or Bike Technician).

Q: If my child already knows how to ride a bike but just needs help with a specific related skill such as starting, stopping or steering, should I sign them up for camp?

A: No. Our camp is specifically designed for participants that do not know how to ride a bike. All participants follow a structured program over the 5-day period to teach them how to ride a bike. Our program has little to no flexibility for customization to suit an individual participant's specific bike riding skill needs if they already know how to ride a bike.

Q: If my participant exhibits noncompliant behavior would this camp be suitable for them?

A: This is dependent on the individual's specific behavior. If behavior becomes violent, significantly disruptive or a threat towards others, bike camp may not be an appropriate place for them. If their behavior keeps them from remaining on a bike and/or complying with instruction they likely will not ride independently. However, our staff are well trained (most are full-time teachers), have access to behavior management protocols and are often quite successful in resolving noncompliant behavior.

Q: What does my participant need for camp?

A: Your participant needs:

- to wear comfortable clothes (not too loose as to avoid getting caught up in the moving parts of the bike, particularly the chain)
- to wear closed-toe shoes (no flip flops or sandals)
- a personal bike helmet and water bottle

- their personal bike at camp to be transitioned onto by the last day
- a parent or guardian present at all times during camp

Q: Do parents, guardians or caregivers, need to be present while the participant attends camp?

A: Yes. We do not offer the option to drop off your participant at camp. At least one parent, guardian or caregiver must remain at camp as long as your participant is present. This authority can be given to another adult present at camp (e.g. if carpooling with another parent). Parents, guardians or caregivers observe from the sidelines and often assist our staff and assigned volunteer spotter(s) with advice specific to their participant (e.g. effective and ineffective approaches regarding managing behavior, motivation, etc.)

Q: Should I sign my child up for camp if I know they are not going to be able to attend all 5 days?

A: No. Attending camp all 5 days is imperative. Because we are compacting the bike riding learning experience into just over 6 hours, missing just one day of camp (20% of total time) will significantly reduce the probability that your participant will be successful in learning how to independently ride a bike by the end of the camp week.

Q: How will my participant be supported at camp?

A: All participants will have at least one, but more likely two, dedicated volunteer spotter(s) assigned to work solely with them throughout the week of camp. Additionally, our two iCan Bike staff will provide hands-on guidance to participants and supervise volunteer spotters.

Q: Does my participant need to bring their own bike to bike camp?

A: Yes. Although your participant will be riding our roller and conventional bikes at camp, we do ask parents to bring in the participant's personal bike by no later than Thursday. Our Bike Tech will assess the bike and communicate with you on its suitability. We want to ensure your participant has the best bike for learning and we want to make their transition to this new bike for you by the last day of camp.

Q: How do I find a suitable bike for my participant?

A: We have prepared a short video entitled 'Selecting the Most Suitable Bike for Learning' and document of recommended makes and models of

bikes entitled 'Selecting the Right Bike & Helmet' both located on our [iCan Bike Parent](#) page.

Q: Do you have any guidance specific to helping me prepare and support my child for bike camp?

A: Yes, we have a document entitled 'How Parents and Guardians Can Help' found on our [iCan Bike Parent](#) page which provides suggestions to consider to make the iCan Bike program a positive and successful experience for your participant.

Q: What advice do you have if my child attends bike camp but is not riding a bike independently by the end of camp?

A: Some participants may still need some time and practice to become an independent bike rider after camp ends. Your iCan Bike staff will recommend some or all of the following to the extent we believe your participant will not be riding a bike independently by the end of camp:

- consider allowing us to install a bike training handle on their personal bike for spotting at home
- having an able-bodied family member or friend attend camp on the last day (Friday) dressed in comfortable clothes and sneakers for us to train on how to properly spot the participant at home
- attend another iCan Bike camp
- review documents on our [iCan Bike Parent](#) page entitled: 'Post iCan Bike Spotting Tips'; 'Post iCan Bike Spotting Tips'; and 'Home Remedy for Struggling Riders'

Q: Is your adapted roller bike equipment available to purchase?

A: No. All our adapted bike equipment is custom designed and built to be useful to individuals only in our structured iCan Bike program of 75-minutes per day over a consecutive 5-day period.

Volunteer Spotters:

Q: What is the daily and hourly commitment to volunteer at a bike camp?

A: We ask that each volunteer commit to at least 90 minutes each day for 5 consecutive days (M – F), including a 15 minute meeting each day. Volunteers can opt to volunteer for more than one 75-minute session each day if they feel physically fit to do so. It's also recommended, but not required, that volunteers attend the one-hour orientation the Sunday before camp.

Q: What will I be doing at camp as a volunteer spotter?

A: Each volunteer spotter will be paired with another volunteer and assigned to the same participant for each day of camp. The primary responsibilities are to provide motivational, emotional and physical support to your assigned participant throughout camp. You will work closely with and receive guidance from our iCan Bike staff.

Q: Can I volunteer if I know I can't make it all 5 days of camp?

A: Yes. We strongly encourage volunteers to attend all 5 days of camp, so you get to know your rider and they get to know you, but we understand that is not always possible and welcome volunteers anytime they are available. The days that we are most in need of volunteer spotters is Wednesday through Friday.

Q: Can family members of participants volunteer as a spotter?

A: Yes, however, you will be assigned to spot a participant other than your own.

Q: Can a therapist, aide or other service provider of a participant volunteer as a spotter for such participant?

A: Yes, we encourage this.

Q: Do the volunteer responsibilities differ each day of camp?

A: Not really. Your responsibilities are always to provide motivational, emotional and physical support to your assigned participant. However, each day of camp differs as your participant advances through our roller bikes (ridden indoors only) onto a conventional two-wheel bike, at which point they will ride primarily outdoors.

Q: What is the minimum age to volunteer?

A: 14 years old is the minimum age to be a volunteer spotter at bike camp.

Q: Can I volunteer if I do not have experience working with people with disabilities?

A: Yes! No experience working with people with disabilities is necessary. The iCan Bike staff will provide you with some basic information on working with individuals with disabilities and hold a short meeting before your session each day to give you specific instructions on your rider. They will be there throughout the week to guide and assist you at any time.

Q: Can I volunteer if I do not know how to ride a bike?

A: Yes! Our adapted bikes do the majority of the teaching. You as a volunteer spotter will not be riding a bike but merely walking, jogging, running alongside your rider while they are on a bike.

Prospective Hosts:

Q: How do you determine which cities in which to offer your bike camps?

A: We do not determine the cities in which our camps are offered. We are willing to offer our camp in any location in the US and Canada where a local host is willing to host one of our programs. If interested, please visit our [iCan Bike Host](#) page for more information.

Q: Do you have guidance and best practices for hosts insofar as initial planning, locating an appropriate facility, recruiting participants and volunteers, marketing, registration, etc?

A: Yes. All iCan Bike hosts should familiarize themselves and take full advantage of the various documents in the drop-down menus available on the [iCan Bike Host](#) page. Further, each new host participates in a camp planning meeting with our staff to ensure all questions are answered and you are off to a good start in terms of administrative and planning details.

Q: What are the basic responsibilities and costs to host a bike camp?

A: Basic host responsibilities and costs include:

- Securing a local suitable facility, preferably climate-controlled, with a minimum indoor riding area of 6,800 square feet in which to conduct our bike program Monday through Friday during normal business hours
- Securing use of an equivalently sized nearby outdoor riding area, relatively flat and free of hazardous obstacles, for the days of Wednesday through Friday only
- Allowing access to and use of the facility for two hours on the Sunday afternoon/evening before camp (equipment set-up and parent and volunteer orientation)
- Paying a fixed program fee of \$9,950 to iCan Shine for between 4 and 8 riders during each of the five daily 75-minute sessions totaling between 20 and 40 riders (\$9,700 if deposit received by November 1st)
- Providing lodging for two iCan Bike staff for the week (2 hotel rooms for 7 nights)
- Establishing a rider registration fee to charge and collect from families (principally used to fund the above-mentioned program fee – rider registration fees generally range from \$100 to \$250 with the average being about \$200.
- Recruiting and registering local riders and volunteer spotters (2 spotters per rider)
- Planning and administering the daily check-in process, providing nametags, t-shirts and recognition awards to riders and volunteers
- Collaborating with our two staff members in offering the camp each day

Q: Are there documents summarizing all host responsibilities?

A: Yes, in the iCan Bike Host Overview as well as the Standard Host Agreement which can be found on our [iCan Bike Host](#) page.

Q: What type of support will I receive in being a bike camp host?

A: We are always available for questions via email, phone, video conference or text. However, generally the minimum support provided to hosts by iCan Shine involves:

- Help assessing proposed facility(ies)
- Camp Virtual Planning Meeting ~ 90 minutes
- Creation and explanation of your customized rider and volunteer online registration platform
- Clarification of any and all documents provided on our [iCan Bike Host](#) page including various best practice guides on financial planning, facilities, recruitment, marketing, online registration, etc
- Pre-Camp Questionnaire and Virtual Meeting ~ 90 minutes
- Collaboration with our two staff people throughout the week of camp

Q: Is your adapted roller bike equipment available to purchase?

A: No. All our adapted bike equipment is custom designed and built to be useful to individuals only in our structured iCan Bike program of 75-minutes per day over a consecutive 5-day period.

For any other questions, please email us at info@icanshine.org