



## How Parents & Guardians Can Help

- Refer to our website [www.icanshine.org](http://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.
- 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.
- Make sure rider has a properly fitted bike helmet.
- 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 wheels, 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 or 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). We encourage non-food related rewards. If rewards are food, then we ask you to save it until after the session ends.
- We prefer a guardian remain on site during the program in case of emergency and to offer support to their rider. 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.