



**iCanBike Columbus
McCord Middle School
Answers to 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 are welcome to apply. We have hosted campers with a wide range of abilities and disabilities. Applications will be accepted at www.dsaco.net starting in March.

What are the age limits?

iCanBike establishes a minimum age of 8, as any child younger than this age is still well within the normal range of learning this skill. There is no upper age limit.

What are the times of the camp?

The schedule is:

Session 1	8:15-9:30
Session 2	9:50-11:05
Session 3	11:25-12:40
Session 4	1:40 – 2:55
Session 5	3:15 – 4:30

* 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.

Each camper is assigned to *one of these 5 sessions*, and will attend that session all week. (For example, campers assigned to Session 1 will attend Monday through Friday at 8:15.) Sessions are 75 minutes long, and up to eight campers will be assigned to each session.

Sessions begin promptly at the times listed above. We ask that campers arrive ten minutes early to allow time to use the rest room, put on their helmet and fill their water bottle before their session begins. For more information about how campers

are assigned to sessions, please see the question regarding session assignments below.

Can I select which session my camper attends?

Please indicate any time limitations on your application. We ask you to be as flexible as possible, as iCanBike staff asks us to divide campers up so that each session has a range of ages, sizes, and abilities.

What is the screening, what are you looking for at the screening, and why should we attend?

We have designed our screening based on past outcomes and experiences. The basic requirements are that a camper is a minimum of 8 years of age and can currently ride a 2 wheel bike with training wheels and has adequate endurance and strength to participate in the 75 minute session. However, we also look at some other factors that include ability to follow directions (can be with verbal cues, physical prompts or any other method of communication) and ability to separate from the parent and participate in a group setting. We also ask the camper and speak to the parent/caregiver about the desire to ride a 2 wheeled bike and what their plans are for continuing the training after the camp concludes.

We ask that parents bring the camper's helmet, if they have one, so we can assess whether the child needs a new/better fitting helmet, and/or properly fit the helmet to the camper's head.

After the screening we choose the candidates who seem most likely to benefit from the iCanBike camp, based upon both the screening and the information provided by the parent in the application. Parents will be notified within a week of the screening about whether or not their camper has been selected to participate this year.

Families from outside of Central Ohio, or for whom attendance at the screening will be extremely difficult, should contact camp organizers to discuss options.

Do I need to bring a bike?

You will need to bring a bike no later than Wednesday of camp week. During our screening session and early in the week of camp, staff will make suggestions in terms of frame size, and will provide the list of bike makes and models recommended by iCanBike. We will also have information about area bike shops. 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 on a bike that will be durable and safe. By providing information to you at the screening, we hope to give you enough time to shop. Bringing your bike as early as Monday gives us time to look at your camper 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.

Parent Orientation? When is that?

A parent orientation is held at 5:00 on the Sunday evening before camp starts at McCord Middle School. It will be an opportunity for parents/caregivers to meet camp staff, learn more about how best to support the camper during and after the week, and learn more about bike selection.

What happens to my registration fee if my camper isn't accepted?

Application fees will be fully refunded if a camper is not selected to participate in camp. Full refunds are also provided if we know at least three weeks before the start of camp that a selected camper cannot attend.

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 (which means toward the end of the week you, another family member, or a caregiver, will be expected to come prepared to run alongside your child as they learn to ride).

The application asks about our family's biking experience – why is this important?

A week of iCanBike camp can provide the basics of riding a two-wheeler, but the incredible effort put forth by the camper during the week is wasted if there is not an effort on the part of the family to give opportunities to use these newly won skills. Families who are committed to riding together are most likely to invest the time and effort AFTER camp to ensure that the camper continues to be a rider, and thus would be prioritized over families who view iCanBike simply as a place for their child to be for a few hours a day.

Who are the iCanBike staff?

The iCanBike staff who will travel to Columbus to put on 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; 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 (early in the week) and run (at the end of the week) as the camper pedals. These volunteers typically include siblings, therapists, teachers, aides, college and high school students. Volunteers must be at least 16 years of age and must be physically capable of running to keep up with the bikes. Volunteers will never be permitted to be alone with your

camper, and are instructed to seek out the parent if the camper needs to use the restroom.

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 wants 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 interests of the camper. In most cases, parents are discouraged from acting as a spotter for their child. Spotter registration is available at www.dsaco.net in March.

Since the sessions are so short, I'm considering enrolling my camper in another type of camp that week – would that be a problem?

Your camper will be exhausted! They are expected to pedal for most of the 75-minute session, and will be trying to integrate what they have experienced into their sensory systems and motor plans. It would be best if you did not sign your child up for another physically demanding camp or for a camp in which they are also expected to learn a new skill.

Can my camper's siblings come to the sessions?

While we firmly believe that all children are adorable, cooperative, and well-behaved☺, we ask that you make other arrangements for the camper's siblings during your camp sessions. During a session, 8 campers, 8 bikes and at least 16 spotters will be zooming around the gym. Your camper will amaze and impress you during the week, and you'll want to witness that. Additionally, there are times when information is given to you that is vital to your camper's success. So, for both safety and giving your camper every opportunity to succeed, we ask that siblings not attend. Of course if a sibling is old enough (at least 16) and responsible enough to volunteer as a spotter, they are welcome to sign up.

I see that DSACO is hosting two camps in the Central Ohio area this year. Can I enroll my child in both camps?

You may only enroll in one camp. Our purpose in offering a second week of camp is to provide the service to those families who for any reason cannot attend the first week of camp. If it is jointly decided that after the first week of camp your camper could benefit from a second week of camp and there remains availability, a second week of camp may be considered. Most importantly, we want your camper to leave with a positive biking experience!