



DSACO's iCanBike 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 are welcome to apply. We have hosted campers with a wide range of abilities and disabilities. Applications will be accepted at <https://dsaco.net/events/icanbike/> starting in February.

What are the age limits?

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

What are the times of the camp?

The schedule of each day is:

Session 1	8:30 - 9:45
Session 2	10:05 - 11:20
Session 3	11:40 - 12:55
Session 4	2:00 - 3:15
Session 5	3:35 - 4:50

* In the event a session has less than the iCan Shine required number of campers in a session (6), 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 8:30.) Sessions are 75 minutes long, and up to six campers will be assigned to each session.

Sessions begin promptly at the times listed to the left. We ask that campers arrive ten minutes early to allow time to use the restroom, 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. The application will allow you to rank which time slots work best for your own schedule. 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.

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 and during the screening session you will attend if accepted into the 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 bike shops in our area. 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 3:00 PM on Sunday, June 1, the day before camp starts, at West Jefferson High 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. Riders should not attend this 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 (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).

Who are the iCanBike staff?

The iCanBike 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, teachers, aides, college and high school students. Volunteers must be at least 15 years of age and must be physically capable of running to keep up with the bikes.

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 <https://dsaco.net/events/icanbike/>.

What should my child wear and bring to the camp?

All riders are required to bring 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 comfortable clothing and closed-toed shoes.

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

To sign up for the iCan Shine bike camp, please visit the DSACO website for registration details at <https://dsaco.net/events/icanbike/> or click the registration link on the iCanBike website. If the number of registrants exceeds 30 riders, a waiting list will be implemented. Be sure to register early to secure your child's spot!

If you have further questions about this camp, please email **Lucy Maddrill** at bikecamp@dsaco.net.