



Response To Bike Camp Volunteer Inquiry

Thank you for your request for information on volunteering for our bike camp scheduled for April 18 -22, 2016 at the Ottoson Middle School in Arlington, MA.

Click the below link for access to the iCan Bike website for more information and to view a number of short videos of the iCan Bike camp:

www.icanshine.org

To give you an overview, we will have 25 riders in the total camp with 5 riders for each 75-minute session each day.

Each rider attends the same 75-minute session for each of the five days (M-F) and is assigned two or more volunteers that will work with the rider throughout the week. As the week progresses, trust builds and bonds are formed between volunteers and riders. Our dedicated volunteers provide consistency, motivation, and encouragement to our riders as they work hard to make progress towards riding independently by week's end.

The rewards for volunteers are many. The unique and meaningful experience that a volunteer receives through participating in an iCanShine Bike Camp is palpable. Our volunteers see the key role that they play in the progress of their rider. It's a big part of what keeps our volunteers returning, year after year, to play an essential role in this special week

Daily 75-Minute Sessions:

8:30 am - 9:45 am

10:05 am - 11:20 am

11:40 am - 12:55 pm

2:00 pm - 3:15 pm

3:35 pm - 4:50 pm

The riders will be riding a specialized bicycle designed to teach them to balance appropriately for the entire 75 minutes each day while being accompanied by their assigned volunteers. Additionally, camp staff will provide fun motivational teaching on a specially designed tandem bike that is generally well received by most riders.

The first two days of the bike camp (Mon & Tues) will take place solely inside on adapted roller bikes. Beginning on the third day (Wed), some riders may graduate to a two-wheel bike and transition to riding outdoors spotted by their assigned volunteers. As riders graduate from the roller bikes to a two-wheel bike between Wednesday and Friday, they will transition to the outdoor riding area.

In addition to the week of bike camp there will be a volunteer orientation session on Sunday afternoon from 3-5Pm on April 17th. This will be an opportunity to get acquainted with the program and equipment and learn how to work with your rider during the week. All volunteers are expected to attend.

I hope this provides you with helpful information about the program.

Sincerely,

Nina Fischer
Arlington iCanShine Bike Camp Coordinator
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