

How Caregivers Can Help Bike First! Riders

- Refer to our website, *bikefirst.net*. On the homepage, you can find a video of our bike camps. Riders can also see pictures of what they will do during the program.
- Please ensure you attend all days of the program. **Every day is important.**
- Limit anxiety by arriving 15 minutes before the first session and 10 minutes before subsequent sessions to sign in, get the rider's nametag, and meet your rider's leader.
- Bring labeled snacks and water each day and make a restroom stop before your session.
- Ensure the rider wears a properly fitted bike helmet. Leaders will assess and help.
- Lime Scooter has donated helmets for riders and families are available at the front desk.
- Dress the rider for biking (shorts if it's warm, a t-shirt, and sneakers). Closed-toe shoes only. Avoid wearing baggy pants and long skirts or dresses, as they are prone to catching on the bike's wheels, gears, or chain, posing a safety hazard.
- Bring the rider's bike to camp by Day 2 for the full week and Day 1 for Quick Start/Refresher. This bike will stay at the camp. We will make sure it is in good shape and ready for them. **Remove the training wheels ahead of time and label the bike with the rider's name and session number.**
- You can bring one family bike if you'd like, and we will tune it up for the cost of parts; however, they must be here by the third day of camp. Additional family bikes can be tuned for \$80. (The cost at bike shops is around \$150.) **Label the bikes with the rider's name and session.**
- On Day 3, one of our sponsors, Little Rebels with a Cause, will be at BF! selling clothing with inclusive sayings. [Little Rebels with a Cause- CHECK IT OUT!](#)
- On Day 5, have an adult caregiver come to the camp wearing appropriate closed-toe shoes and clothing. *They should be ready to run if your rider needs spotting after camp.* Staff will meet with you individually to discuss your rider's skill level and a plan for post-camp riding and spotting.
- 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.) **POSITIVITY is IMPERATIVE!**
- Ensure the rider receives adequate sleep and nutrition. Riding for 75 minutes is hard work.
- **Caregivers must stay on the premises, but will stay outside the gymnasium.** We have found that their presence distracts the rider's ability to remain focused. Please don't take it personally, as our mutual goal is for the rider to gain skills by the end of the program.
- **Do not introduce new activities this week or ride at home,** as we want to avoid overloading the rider with too many new skills. Learning to ride a bike requires a significant amount of motor planning and processing.
- Discuss incentives for riding (immediate and long-term). We encourage non-food-related rewards. If rewards are food, we kindly ask that you save them until after the session ends.
- Celebrate! Take photos and share them with friends and family, as well as on our Facebook page (annbikefirst). Invite family members to join the celebration on the final day. This is the last 10 minutes of the assigned session. (All riders will attend their entire session on all days.)

Please bring cash or a check on Day 5 to purchase bike parts for the rider's and family's bikes.

LAST DAY CELEBRATION

When: Wednesday, July 2, 2025

Last 15 minutes of each session

Location: Parkrose High School Gym

