

## Intermediate Camp Information sheet

More than 80% of children ride bikes, but very few know how to operate their bike safely among autos. We ensure that your child is taken care of, being physically active, and learning how to be safe, allowing you to be more comfortable with your child's independence.



This camp covers all theory and practical components of the Intermediate Kids course. Participants will ride up to 25km per day. Upon completion of the camp, your child will be given an evaluation indicating what grade of road they have demonstrated their knowledge and abilities to ride on safely (alone). More information on road grading can be downloaded [here](#).

This camp is broken into a series of lessons: *we can not accommodate a participant for the remainder of the camp if any part of a day is missed.*

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li>1. Monday<ol style="list-style-type: none"><li>a. Bike check, bike fit</li><li>b. Bike security</li><li>c. Bike maintenance</li><li>d. Handling skills</li></ol></li><li>2. Tuesday<ol style="list-style-type: none"><li>a. Rules of the road, traffic dynamics</li><li>b. Route planning, group riding</li><li>c. Road ride 1</li></ol></li></ol> | <ol style="list-style-type: none"><li>3. Wednesday<ol style="list-style-type: none"><li>a. Train tracks, bridges</li><li>b. Road ride 2</li></ol></li><li>4. Thursday<ol style="list-style-type: none"><li>a. Bike hike 1</li></ol></li><li>5. Friday<ol style="list-style-type: none"><li>a. Bike hike 2, road evaluation</li><li>b. Review, quiz</li></ol></li></ol> |
|--|--|

### **You must provide the following equipment for your child for this course:**

- a properly fitting bicycle, in good working condition; and
- a certified bicycle helmet, in good condition and with proper fit.

#### *Bicycle:*

In order to participate in and get the most out of this course:

- a bike with gears is highly recommended;
- e-bikes are acceptable.

Your child's bike will be evaluated for fit upon application: If you are unsure if your child's bike is the correct size for them and/or in good condition, I recommend taking it to a bike shop for evaluation and/or a tune up prior to application.

Your child must be able to complete the list of skills shown [here](#) before attending this camp. Failure to demonstrate the necessary skills may result in your child's removal from the camp.

#### *Helmet:*

Children are required by law to wear a helmet while bicycling: **children who do not have an appropriate helmet will not be allowed to participate in on-bike activities.** No refund or transfer will be available. More information on helmets can be found [here](#).

1. Your child's helmet **must be certified for bicycle use**, not a winter sports, or skating helmet.
2. Helmet should be less than 5 years old, and have never had an impact with something hard (including falling off a shelf or being dropped onto concrete).
3. It should fit your child's head properly. See the above link for a video on helmet fit.

(continued on next page)

*Religious headwear & helmet use:*

Most religious headwear can be accommodated under a regular bike helmet. See the above link for more information on religious headwear & bike helmets.

*Drop-off and pick up times:*

There is no before or after care available. Your child must arrive between 8:45-9:00am each day and be picked up between 4:00-4:15pm. We cannot accommodate early pick up or late drop off on any day. If you are arriving late we cannot guarantee that your child will be able to continue in the camp. Late pickup will be subject to a late pick up fee.

*Camp attire and supplies:*

This is an active, mostly outdoor camp that runs rain or shine, so your child must dress appropriately and bring everything they will need for the day's activities and changing weather. They must be able to carry their own supplies, whether in a back pack, panniers, basket, etc. In addition to the previously mentioned biking equipment, your child **must** come with the following everyday:

- closed-toe footwear;
- packed lunch and snacks;
- sunscreen, bug spray, hat, sunglasses;
- water bottle (please bring your own on the first day);
- bike lock.

*Recommended supplies:*

We highly recommend that you send your child with the following everyday:

- a spare tube that fits your child's bike (if applicable);
- padded bike shorts;
- padded bike gloves.

Though reasonable cycling ability is required for this course, your child does not need to be an athlete or fast cyclist: all cycling is done at a slow pace with frequent stops to reinforce concepts. However, they should expect to ride their bike most of each day. In the event of a catastrophic bike failure, injury or behaviour which prevents your child from continuing with the camp, you will be contacted to collect your child: please ensure that someone is available. Note that a reliable auto will be necessary, as we are not always near transit.

We will be continually evaluating participant's knowledge and skills: participants must demonstrate adequate physical abilities and understanding in order to continue through the week. We reserve the right to remove a participant at any time.

Thank you,  
Melissa Malejko  
Owner of Safer Cycling Calgary