

Madison Area Down Syndrome Society
2008 Lose the Training Wheels™ Bike Camp
FAQs

1. What is The Lose the Training Wheels Bike Camp?

The Lose The Training Wheels™ program works with people experiencing difficulty transitioning from the use of training wheels onto conventional two-wheeled bikes. We focus on working with children with varying forms of disabilities. The Lose The Training Wheels™ program uses a specifically designed bicycle, referred to as an adapted roller trainer bike. The program utilizes a progression of trainer bikes, starting with riding on ultra-stable bikes and progressing toward typical two-wheeled bikes. The adapted trainers are intended as stepping-stones which allow the rider to graduate onto conventional bikes as they develop increased confidence and comfort.

2. When and where is the camp taking place?

The Lose The Training Wheels™ program will run from Monday, July 7th – Friday, July 11th and it will be located at the Waunakee High School Gymnasium, 100 School Drive, Waunakee, WI 53597. Each rider is assigned a 75 minute time session daily. Riders are asked to arrive with ample time to be ready to ride at their appointed time!

3. Who works at the camp?

Rainbow Trainers, Inc., the company providing the bikes and camp guidelines, sends two instructors for each session.

MADSS will also recruit volunteers to act as spotters. At least one spotter per rider will be available.

MADSS staff will be on site each day to assist with camp.

4. How much does the camp cost and what do my fees cover?

The cost of the camp is \$150.00 per camper. MADSS families may use their Summer Enhancement benefit for payment.

The cost of bringing the Lose the Training Wheels™ program to our area is significant. The \$150 camper fee contributes to covering a portion of these costs. Expenditures in our budget include; Floor Director stipend, LTTW™ Instructor costs, including room & board, and location rental fees.

Campers will receive a t-shirt, a certificate of completion, a water bottle, and snacks & refreshments during the sessions

5. Who are the “best” campers?

The Lose The Training Wheels™ Bike Camp is a camp for children & youth with development disabilities, ages 8 – 21. In order to provide the optimal “mix” of riders, spots will be offered to about 25 riders with Down syndrome and a minimum of 15 to riders with other special needs. The most important prerequisite for participation in the camp is that the camper must want to ride a bike.

Please make sure to indicate on your application form if your child has any behavioral issues we should know about for the camp.

Successful campers will:

- ✓ Have transportation to & from each session.
- ✓ Be between the ages of 8 and 21.
- ✓ Attend every day of the camp.
- ✓ Be able to attend camp without other siblings or children present. Parents may observe if they wish, although they may be asked to view the action from a distance to minimize distraction to the riders.
- ✓ Wear bike helmet at all times when attending the camp. Have a signed copy of the waiver form enclosed in this packet on file with your completed application form.
- ✓ File a signed Physician Consent Form (enclosed with this packet) with your completed application form.
- ✓ Be reliably toilet trained OR have a caretaker available during session for diaper changes.
- ✓ Have adequate trunk stability and support to hold body upright when sitting on bicycle.

6. When will I know if my child will be offered a spot in the 2008 Bike Camp?

Completed applications for the Bike Camp, including signed Waiver Form & Physician Consent Form, must be received by April 30, 2008 in order for your camper to be guaranteed consideration. MADSS will review all applications based on guidelines set forth by Lose the Training Wheels™ and the scheduling limitations of the site/instructors.

Notification of acceptance/denial will be sent to all applicants by May 15th. Eligible campers who cannot be scheduled will be placed on a waiting list and offered camp spots if they become available.

