



**variety**  
the children's charity



## Participant Qualifications:

- Living with a disability
- At least 8 years old when camp starts
- Able to walk without assistive device
- Able to side step swiftly to both sides
- Minimum inseam of 20"
- Willing and able to wear a properly fitted bike helmet at all times when on a bicycle at the start of camp
- Maximum weight of 220 lbs
- Able to attend the same 75-minute session for all 5 days of camp
- Open to Manitoba Residents only



## VARIETY'S BIKE CAMP

### What is Variety's Bike Camp?

- **Variety's Bike Camp teaches individuals living with disabilities to ride a conventional two wheel bicycle using adapted bike equipment.**

### When and Where?

- **Bike Camp takes place at East End Arena (517 Pandora Ave), the first 2 weeks of July.  
Five 75 minute sessions a day starting from 8:30 AM to 4:50 PM, Monday to Friday.**



# Variety's Bike Camp Program Overview

- Approximately 40 riders per week with no more than 8 riders per session to ensure more personalized attention
- Each rider must be accompanied by a parent or guardian and attend the same 75 minute session each day
- We will seek to provide the same volunteers all week for your rider to create a familiar, predictable and safe environment
- Riders will begin on a specialized adapted bicycle (roller bike) designed to teach them to balance appropriately
- On the second day of camp, in addition to riding the roller bike, riders will participate in a specialized tandem bike ride with iCan Bike staff which provides motivation as well as instructional opportunities
- The first two days of bike camp (Mon & Tues) will take place solely inside on the adapted roller bikes
- Roller bikes gradually introduce increased instability to riders as the different rollers are introduced enabling riders to sequence through such bikes at their own individual pace
- On the third day (Wed), riders may transition to a conventional two-wheel bike once they have sequenced through the roller bikes
- Once riders are initially successful on a conventional two-wheel bike (demonstrate good balance and ability to brake and stop), they will transition to the outdoor riding area with their volunteer supporters
- The process of transitioning to a two-wheel bike riding outside may happen Wednesday, Thursday or Friday and is based on each rider's individual pace through our sequence of roller bikes

## Five 75 minute daily sessions available

8:30am - 9:45am

10:05am - 11:20am

11:40am - 12:55pm

2:00pm - 3:15pm

3:35pm - 4:50pm

<https://varietymanitoba.com/bikecamp/>