

Lose the Training Wheels™ Program ♦ June 4-8, 2012
Ridgeland High School Gymnasium ♦ Ages 8 and up
PROGRAM INFORMATION

Ridgeland Recreation & Parks is proud to bring the Lose The Training Wheels™ program to Ridgeland June 4-8, 2012. The program is designed to provide a safe environment for children with varying forms of disabilities to learn to ride a bicycle, although able-bodied children can also benefit. The program uses various adapted bicycles to introduce children to riding bicycles without the use of training wheels.

Interested participants are urged to visit the Lose the Training Wheels website, www.losethetrainingwheels.org.

Included below are some program requirements and items of note to interested parents:

- The camp will consist of one class daily for five days, about 75 minutes per class. Parents are given an option of which class time they prefer, but there are no guarantees. Space is limited by availability of slots and by availability of adapted bicycle equipment.
- The camp cost is \$75.00 per child.
- The camp is intended for children ages 8-18 with some form of disability that could make learning to ride a bicycle more difficult. Able-bodied children and children outside the ages described may be accepted, but due to limitations on space, preference may be given to children who need more specialized training to learn to ride a two-wheeler. Please take the time required on the application to tell us about your child.
- In order to be successful, your child must want to learn to ride a two-wheeler.
- During the week of camp, children should not be allowed to ride any type of bike outside the training sessions.
- During the week of camp, don't schedule your child for any other type of instruction in any new motor skill. Children can engage in any other physical activity, such as soccer, swimming, etc., but not any that introduce a new motor skill.
- With a few exceptions, most notably if your child has autism and needs someone with whom he/she has a working relationship, we ask that you "drop off" your child and not expect to participate in the training sessions unless we ask you to do so.
- Parents should be on time, but we ask that you not leave your children 20-30 minutes before their scheduled time. 5-10 minutes before session time will allow us to fit the children with helmets and take them all into the session at the same time.

PARTICIPANTS

Requirements for participation

- Minimum 8 years of age
- With a disability
- Ambulatory without an assistive device
- Able to sidestep quickly to both sides
- Able to wear a properly fitted bike helmet
- Minimum height is 40 inches OR a minimum inseam measurement of 22"
- Maximum weight is 220 lbs

It is important to consider behavioral issues as you evaluate this program.

An individual may be physically able to ride a bike, but if their behavior is such that they cannot be persuaded to get on the bike and follow instructions, then it is likely this program will not be beneficial. Individuals with severe behavioral issues may be removed from the program if their actions are potentially harmful to themselves or others.

Indicators of success

- Able to maintain contact with pedals
- Able to maintain contact with a handlebar
- Able to keep head up and look forward
- Adequate strength and stamina to ride 75 minutes for 5 days
- Able to follow basic instructions in a group setting
- Motivated, or able to be motivated, to learn to ride a bike
- Immediately following camp has an opportunity to practice riding

Qualifications of Children to Enroll (taken from the Lose the Training Wheels website, www.losethetrainingwheels.org)

Children should have sufficient stamina, muscle tone, and motor control so as to be able to pedal a bicycle. A typical standard would be the ability to pedal and propel a bicycle with training wheels, or an adapted three-wheeler.

Children should have sufficient cognitive ability to want to ride a bicycle, as well as being able to follow simple instructions, and to be able to make minimal cause and effect connections. Disabilities that we have worked with include Down syndrome, mild cerebral palsy, Asperger's, sensory integration, autism, visual disorders, developmental delay, ADHD, ADD, Sotos syndrome, spina bifida (mild), Praeder Willi syndrome, fetal drug/alcohol syndrome, brain injury, and others. The primary factor in working with children is in selecting children who want to learn how to ride a bike, so we look at abilities and not disabilities per se.