



HOBOKEN BIKE CAMP



For Individuals with Disabilities

(includes IEPs and 504s)

June 28 - July 2

5 days | 75 minutes a day
One Happy Rider

What is it?

Hoboken Bike Camp is the local operation of a national program, iCanBike, which relies on local hosts to run the camp in communities across the country. Hoboken Family Alliance works with the city of Hoboken, the school district and 50 community volunteers, to offer this program. This summer marks our 10th year. The bike camp is free for Hoboken residents thanks to fundraising and organizational efforts of HFA and its events such as Mutzfest and (in prior years), the Ben & Jerry's School Spirit event. Based on space requirements, the program can accommodate 25 children throughout the week. The camp runs at Hoboken High School.

How does it work?

- The program is free for Hoboken residents 8 and older with a disability
- You must register by May 25 (email hobokenbikercamp@gmail.com for registration link)
- Choose your 75-minute session time
- Arrive to session 15 minutes before start time each of the 5 days
- The program runs inside at the gym and outside on the track
- Volunteers and folks from iCanBike will help teach your child to learn to ride on adaptive equipment



FAQ?

- **Does my child need their own bike?**

Yes they need to have their own bike by Thursday of Bike Camp week. Riders use adaptive equipment for the first few days but need to have their own bikes by Thursday. This allows the rider to transition from the adaptive equipment and enables the rider to become familiar with operating their own bike. Plus, the bike technicians will ensure the bike is adjusted properly for your child.

- **What is the best style bike for my child?**

The best style is a "cruiser" bike. You can get more details at <https://icanshine.org/parents/ican-bike-parents/>

- **Does my child need to bring their own helmet?**

Yes, the child is required to have their own helmet each day.

- **What other requirements are there?**

The child needs to be 8-years-old or older and weight 220 pounds or less. Additionally, they need to have an inseam of at least 21" or they will not be able to fit on the bike. Additionally, the child must have an IEP or 504 plan.

- **Do I need to stay on site?**

Yes, one parent or guardian is required to be on site. We will monitor Covid protocols to determine if more than one person can stay on site.

- **What Covid protocols are in place?**

All children and those accompanying riders will need to wear masks indoors. The status of outdoor mask-wearing when we move to the track will be monitored.

- **What is the cancellation policy?**

Should the camp need to be cancelled unexpectedly for any health/COVID related issues, registered riders would automatically carry over their registration to next summer.

- **What if I need to cancel?**

Barring any unexpected illness for your child, if you have a change in plans and can keep your registration commitment, we ask that you cancel by June 7 to free up space for another child. If you do not cancel in a timely manner, it may jeopardize a spot for next year.