

## Lose the Training Wheels: Information For Parents



**Years of science, months of planning and hours of volunteering lead to confidence to last a lifetime - achieved in just 5 days.**

For kids with disabilities, learning to ride a bicycle can be a frightening endeavor. At Lose The Training Wheels camps, children learn to balance, pedal, steer and take off on their own, many in five days or less – a feat parents say is nothing short of miraculous, considering many struggle for years to teach their kids how to ride a two wheel bicycle.

When you enroll your child in a Lose The Training Wheels camp, they will be assigned to a 75 minute riding session which they will attend each of the 5 days. During this time they will ride a bicycle that gradually introduces the natural instability of the bike as each child is ready. They will be assigned one or two volunteers who will serve as their “spotters” to provide physical support and encouragement. While all children learn

at their own pace, some will be ready to ride on two wheels as soon as the third day of camp, and historically more than 80% of children who attend our camps are able to balance on a bicycle by the end of the five days.

The goal of our program is to teach individuals to ride such that they can be independent riders. In other words, they have sufficient riding skills that they can start, ride and stop their bike without any outside assistance.

If you would like to enroll your child in a Lose the Training Wheels camp please review the requirements for participation and indicators for success below.

### Requirements for participation:

To ensure the safety of our participants and the best use of our limited resources we have established certain criteria that all participants must meet to be eligible to attend a camp. These criteria are:

1. Participant is at least 8 years of age
2. Participant has a disability
3. Participant can walk without an assistive device such as a walker or cane
4. Participant is able to side step quickly to both sides
5. Participant is able and willing to wear a properly fitted bike helmet at all times when on a bicycle.
6. Participant has a minimum inseam measurement of 20” when measured from the floor, not the pant leg.
7. Participant does not weigh more than 220 lbs.



It is important to consider behavioral issues as you evaluate your child’s suitability for this program. A participant 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 detrimental to the overall function of the camp or potentially harmful to themselves or others.

For more information about the traveling Lose the Training Wheels program, please visit their website at [www.losethetrainingwheels.org](http://www.losethetrainingwheels.org)