



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Albany YMCA Bike Camp

Dear Bike Camp participant:

You have been confirmed for the Bike Camp. We look forward to having you in this exciting program. Enclosed you will find several important documents crucial to success at Bike Camp:

- Sign-In & Out Form (optional)
- Behavior Contract (required – please bring 1st day of camp)
- Equipment and Clothing Checklist (keep for your own information)

Location: TBD

Time: 9:00am-5:00pm

It is important that you have a bicycle in good working condition for safety reasons. **If a camper comes to camp with an inadequate bicycle, s/he will not be able to participate in this camp (see Equipment & Clothing Checklist for equipment specifications).** Please have your child's bike inspected by a certified bicycle mechanic at least two weeks prior to your child's scheduled camp. If you don't allow enough time, the bike shop may not have time to complete any service that may be required.

Please do not arrive any sooner than 10 minutes before camp starts, as there is no supervision before 9:00 am. We will return to that site every afternoon between 4:00-4:30 pm; staff will be on site until 5:00 pm. Parents – if you plan to have your child ride home at the end of the day, be sure to return the Sign In & Out form (see form at the end of this document) to the Albany YMCA or bring it with you on the first day of camp.

Every day you will need to bring your bike, helmet, layers of clothing, and backpack (please check the Equipment and Clothing Checklist). There is no overnight storage, so please plan to bring and pick up bicycle daily.

Bike Camp is a very active program, requiring a great deal of energy from our campers. As part of the camp, staff discuss nutrition and the importance of fueling our bodies before exercise. We ask that you send your child each day with a good sized, healthy lunch and snacks. Please be sure s/he also eats a healthy and hearty breakfast each morning.

The Bike Camp Head Leader and staff will be happy to answer any of your questions during camp. If you have any questions before camp begins, please call or email Sebastian de la Rosa at (510) 525-1130 or sdelarosa@ymcaeastbay.org. We look forward to fun-filled and safe bicycling!

ALBANY YMCA

921 Kains Ave, Albany, CA 94706

P 510 525 1130

www.ymcaeastbay.org/albany



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Equipment & Clothing Checklist

Items to bring:

- Good quality bike with AT LEAST 12 gears. Please be sure that the bike fits the camper well. Heavy bikes are discouraged. If a camper arrives with an inadequate bike s/he will not be able to participate in this camp. Also, all cyclists are required to have a properly fitting helmet. All bikes must be safety inspected by a certified mechanic.
- Helmet
- Water bottle, mounted on bike (or Camelback)
- Backpack to carry lunch (something that is comfortable to wear all day)
- Shoes to ride in with sturdy soles
- Spare inner tube that fits your bike
- LUNCH – plentiful & healthy

Suggested Items:

- Bike riding shorts
- Riding Gloves
- Sunglasses
- Camera
- Pump & Patch Kit
- Tool Kit
- Bay Area Bicycling Map
- Appropriate Reading Material
- Appropriate Games to play when not riding (nerf football, deck of cards, frisbee, etc.)

Do Not Bring:

- iPod, Video Games, etc
- Jewelry
- Any illegal substances
- Cell phones may not be used (exceptions made only for calling parents upon arrival & departure from camp)

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BEHAVIOR CONTRACT

Albany YMCA Bike Camp is based on the philosophy that everyone involved should have a chance to try new activities, meet new friends, and challenge themselves. To accomplish this it is important that all staff and participants agree to certain basic ground rules that will create the necessary environment for this to happen.

Because safety is our priority, behavior issues are taken seriously and dealt with swiftly.

Therefore, I agree to abide by the following ground rules in an effort to have an exciting and positive YMCA experience.

RIDING RULES:

1. Wear helmet at all times while on bike
2. Ride with at least one hand on handlebars at all times
3. Ride as a group member, staying aware of other riders
4. Never ride behind the designated sweep position
5. Ride in a single file line
6. Skidding, jumping or "wheelies" are not allowed

BASIC RULES:

1. Represent the Albany YMCA in a positive manner
2. To act in a manner that is safe for everyone involved
3. To attend and participate in daily briefing and debriefing sessions
4. Participate in "housekeeping" chores
5. Respect all staff and riders
6. Not consume any alcohol, drugs, or tobacco
7. Headphones, iPods, cell phones, Video games are not allowed
8. Cell phones may only be used upon arrival and departure from camp to call parents

I understand that by signing this contract I am agreeing to follow these ground rules and if I choose not to follow these I may be sent home at the discretion of the program staff.

Signed: _____ Date: _____
CAMPER

As the parent I agree to discuss these rules and be sure that my child understands them. I agree that if my child can't follow these ground rules I will make myself available to pick my child up immediately.

Signed: _____ Date: _____
PARENT

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ALBANY YMCA SIGN IN/OUT FORM

Please be very specific about when and what time your child is allowed to sign in or out of the program.

I give my child, _____

who is participating in the Albany YMCA _____ program

permission to **sign in** to the YMCA program under the following conditions:

I give my child, _____

who is participating in the Albany YMCA _____ program

permission to **sign out** of the YMCA program under the following conditions:

I fully understand that the Albany YMCA will take responsibility for my child after her/his arrival and sign in until s/he departs and signs out. I also understand that the Albany YMCA staff does not accept responsibility for anything that occurs while my child is in transit to or from the program.

Parent /Guardian _____
Signature

Date _____

Parent/Guardian _____
Print Name