



Summer Kids Camp Policies

Camp Leaders

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Kids Camp Goals and Values

At Cycle Oregon, we believe in the joy of riding a bicycle, and we know that joy starts in childhood. Most adults fondly recall a childhood where freely wandering their neighborhoods by bike, making friends and playing outdoors all day was the norm. That type of childhood independence is less common these days, and it shows in the declining rates of kids riding or walking to school and less time spent outside. At Summer Kids Camp, we'll turn young riders into confident bike commuters as we practice signaling, wayfinding and using bike infrastructure. We'll apply those skills in real-world rides to picnics and playgrounds. Campers will learn to see their bikes as powerful tools for transportation and joy, to trust themselves, build independence, and grow into confident riders.

We're so excited to work with a new generation of riders, and to share the joy of riding a bike with our campers.

Camper Abilities

Campers should be between the ages of 8-12 at the time of registration. They should be able to ride a bike proficiently without training wheels. Proficiency means smooth starting and stopping (braking), pedaling for at least 20 minutes at a time, and riding in a relatively straight line. Skills such as shifting, using hand brakes, signaling and riding in a group will be practiced at camp, but campers should have riding basics prior to enrollment. Accommodations may be made for children with special needs (see "Inclusion"); contact camp leaders for more information.



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Equipment

We acknowledge that the cost and maintenance of equipment can be a barrier to safe cycling. With this in mind, Cycle Oregon will provide the following equipment for each camper:

- Bicycle (loan)
- Bike lock (loan)
- Helmet (loan)
- Lunch and snack
- T-shirt
- Water bottle

If a camper wishes to bring their own equipment, it must offer the same features and pass the same safety inspection performed on Cycle Oregon’s equipment. This means:

- Helmet fits camper properly with no visible defects or damage.
- Bicycle fits camper properly and is in safe working order.
- Bicycle has front and rear hand brakes (no coaster brakes) and at least 3 gears.

If you have questions about equipment, fit, and safety, please reach out to camp leaders.

What to Bring

- Backpack
- Sunblock (SPF 30 or greater)
- Light jacket
- Sunglasses
- Rain gear

What to wear:

- comfortable clothing for moving and playing
- shoes with closed heel and toe (no Crocs or sandals, please)

Meals & Snacks

We know that families are busy, and providing nutritious snacks and meals for kids can be challenging. Cycle Oregon strives to provide an equitable experience for families; we believe the time and cost involved in packing a lunch should not be a barrier to the camp experience. We’ll provide a daily sack lunch, plus mid-morning and afternoon snacks for all campers to keep us fueled through a full day of riding and playing. Campers are welcome to bring their own lunch and snacks, and may indicate food allergies/dietary restrictions at registration.

Cell Phones & Personal Items

Cycle Oregon provides a fun, enriching, healthy space for kids to explore their world, connect with their peers, and play outside. To ensure campers can fully engage with their peers and surroundings, cell



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phones are not permitted at camp. If cell phones are brought to camp, they'll be kept by camp leaders in locked pouches until the camper is picked up.

Campers are also asked to leave toys, electronics and other personal items (aside from those listed in "What to Bring") at home.

Attendance, Drop-off & Pickup Times

Cycle Oregon Kids Camp teaches foundational bike safety skills that build on the previous day's skills. For the best experience, campers are expected to attend all five days of camp for the full day. Since we'll be out on neighborhood rides, late drop-offs and early pickups may not be possible.

Parents/guardians should contact camp leaders 24 hours in advance to request a pickup or drop off time outside of the typical schedule. Late pickups will incur a fee, and more than 2 late pickups will result in dismissal from the program.

- Drop off: 8:30-9:00am
- Pickup: 3:00-4:00pm

Cycle Oregon will follow best practices for ensuring campers are released only to parents/ authorized adult caregivers, who are designated at the time of registration.

- All children must be accompanied to Cycle Oregon Kids Camp and be signed in and out daily by a parent or authorized adult.
- No child will be released without the pickup person showing proper identification; they must be listed as an authorized adult.
- *Please be prepared to show ID at pickup every day.*



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Inclusion & Accessibility

Cycle Oregon does not discriminate against any child or family on the basis of race, religion, color, national origin, sex, age, disability, marital status of the parent, or because of a need for special care. Our goal is to meet the individual needs of each child within the structure of our program while maintaining a safe and healthy environment for all children and staff.

Children with special needs will be considered for admission to the program on a case-by-case basis. Our staff is versed in adaptive cycling strategies and owns a variety of adaptive bikes and trikes. If your child requires special services, or additional accommodations are requested, please contact Cycle Oregon staff so that we may set up a plan to best serve your child's needs. Please note, we are a new and growing program and may not be able to accommodate all children in all circumstances.

Injury, Illness & Medication

In the event of an accidental injury when participating in Cycle Oregon activities, the staff will take whatever steps necessary to obtain medical care. Minor injuries will be treated as needed, including washing, applying Band-Aids or ice packs. Parents/guardians will be notified upon pick-up.

If your child is ill, **do not send them to camp**. Campers who present with fever, vomiting, diarrhea or other contagious illness will be sent home. They may not return until they are free of such illness or no longer contagious.

A Medication Authorization Form must be completed and signed by the parent or guardian in order for any medication to be administered. See the form for details. Generally children are not allowed to self-administer medication; all medicine must be given to camp leaders.

Photo Release

Cycle Oregon may occasionally have a photographer/videographer present to collect promotional material for future camp sessions. All such material will be the property of the Cycle Oregon Foundation, and may be used in advertisements, newsletters, our website, or in social media posts. If you wish to opt out of this photo policy, please reach out to camp leaders prior to your camp session.



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Sunscreen Policy

Parents/guardians should provide sunscreen for use during the camp day. Sunscreen sent to camp should be placed in a sealed plastic bag and labeled with the child's first and last name. The American Academy of Dermatology recommends everyone use sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 30 or higher
- Water resistance

All Cycle Oregon Summer Camps will be stocked with SPF 30 or higher sunscreen with broad spectrum UVA/UVB protection for use by any camper that does not supply their own. Families are responsible for applying the first layer of sunscreen prior to morning drop-off and provide it for use during the camp day. During the camp day, our staff will take all reasonable and appropriate steps to help each child reapply sunscreen to exposed skin— including the face, the tops of ears, and bare shoulders, arms, legs, & feet— prior to campers' participation in outdoor programs. Staff will only apply sunscreen when another staff member is present.

Refunds & Cancellations

All registrations have a 10% non-refundable deposit. This non-refundable deposit covers administrative processing and costs of registration management. Any request for a refund will be honored in full, minus the 10% non-refundable deposit, if requested more than 30 days prior to the first day of the program. Refunds requested between 14 and 30 days before the program start date will only be eligible for a 50% refund. We are not able to refund processing fees. **No refunds will be processed within 14 days of the program start date.** Refunds can only be processed (a) back to the original form of payment or (b) as a credit towards a future Cycle Oregon Kids program.

Program Cancellation Policy

In the event of program cancellation (if Cycle Oregon cancels your program) participants are entitled to a make-up program, pro-rated program credit, or pro-rated refund equal to the program time that was missed. To request your refund, contact Becky@cycleoregon.com



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Camp Values & Code of Conduct

1. **Caring:** We treat each other with compassion and kindness. We value one another. We think about others' feelings.
2. **Responsibility:** We are responsible for our own actions and behavior while also recognizing we have a responsibility to others and our communities. Being responsible means acting safely, caring for others, taking care of equipment and the spaces we visit.
3. **Respect:** We treat others how we want to be treated--with kindness. Listen to others, even if they are different from you or you disagree with them.
4. **Sense of Adventure:** We will try new things, even if they are outside of our comfort zone. We recognize that learning and growing requires taking risks and challenging ourselves.

Parent/Guardian: I have read and acknowledge the above guidelines and agree to the policies set by Cycle Oregon.

Name

Date

Signature

Camper: I understand and agree to the Code of Conduct set by Cycle Oregon.

Name

Date

Signature
