



WELCOME TO PEDALHEADS BIKE PARENT HANDBOOK

This handbook outlines what to expect and what to bring for a fun week at camp!

NEED TO KNOW MORE ABOUT THIS PROGRAM?

Click on these resources!

[Important Updates](#)

[Pedalheads Policies](#)

[Bike and Helmet Fit](#)

LET'S GET RIDING!

Contact our Customer Care Team if you need to make any adjustments to your registration:
1-888-886-6464 or info@pedalheads.com

[Knowledge Base](#)



BIKE CAMP CHECKLIST

WHAT TO BRING

A bike in working order

A bike helmet

A water bottle

A nut-free snack

Closed toed shoes – running or athletic shoes are best

Comfortable clothes for a day of being physically active

Weather-appropriate clothing – rain gear, sweaters, etc.

Sunscreen and mosquito repellent – Please apply before camp. Sunscreen will only be reapplied in our full day programs unless requested otherwise by parents.

Any required medication, such as Epi-pen or puffers

A small backpack to hold all your child's belongings

A nut-free lunch (**all-day/combo camper**)

Extra snacks (**all-day/combo camper**)

A change of clothes (**all-day/combo camper**)

EVENTS AT CAMP

Pedalheads+ Wednesday: Support Pedalheads+ and help provide no cost camps, lessons and equipment to kids from underserved communities.

Theme Day: Ask your Instructor for your week's theme and send your kid to camp dressed up for their last day!

HALF-DAY CAMP

Our Instructors use games, obstacle courses, special equipment and positive encouragement to help develop kids' proficiency and confidence on their bikes. Our half-day camp features three hours per day of safety and technical instruction to get kids riding with the skills needed to succeed on the trails and streets.

During the week, kids spend time both on and off their bikes, which helps keep them energized and engaged. Kids also spend the week preparing for one of our Pedalheads challenges, appropriate for their level.

ALL-DAY CAMP

Our all-day camp follows the same structure and curriculum as our half-day offering but with three more hours of time for biking practice and skill-building activities to maximize progress.

After their morning riding, kids rest during their lunch break. Please pack a healthy, nut-free lunch for your kid with enough food to keep them energized for a full, active day. During this time, Instructors also help reapply sunscreen and prepare for the afternoon biking session.

BEFORE + AFTER CARE

For parents looking for additional care outside of the regular camp hours, we can provide one hour of before and/or after care for a small fee. In extended care, kids participate in a variety of activities ranging from outdoor sports and games to crafts and activity sheets.

*Please note: Care is off bike activities only

WEATHER POLICY + ALERTS

Pedalheads runs rain or shine, but there can be exceptions that may impact your camp such as air quality or extreme weather. You can check here to see how weather will affect your camp.

If extreme weather jeopardizes the safety of children or employees in any way, the programs may hold off on specific activities until conditions improve. The decision to cancel programs due to potentially hazardous weather are made in consultation with regional managers and local weather forecasts or advisories. In the event of any cancellations due to inclement weather, every effort will be made by Pedalheads Bike, Swim, and Trail to contact all clients affected via email, phone, or informative postings at affected locations and sites.

ALL-DAY CAMPS

9:00am to 4:00pm (7 hours)

HALF-DAY CAMPS in the morning

9:00am to 12:00pm (3 hours)

HALF-DAY CAMPS in the afternoon

1:00pm to 4:00pm (3 hours)

CLOTHING TIPS:

Because Pedalheads operates primarily outside, it's important that your child is dressed appropriately for camp. We suggest monitoring the weather and preparing your child accordingly. Clothes to bring may include:

Raincoat (rainy days)

Rain boots (rainy days)

Gloves (cold days)

Warm clothes (cold, rainy days)

An extra set of dry clothes (rainy days, always recommended for all-day camp)

Extra socks

A sweater

Comfortable, active clothing

Running shoes or closed-toed sandals