

CORVALLIS ENVIRONMENTAL CENTER

Bike FAQ

Q: Does my child need to be an experienced cyclist to attend CEC bike camps?

A: Campers with all levels of bike experience are welcome! Our Let's Get Rolling camp is designed to help teach kids to ride their two-wheeled bike independently. All of the other bike camps have up to three groups, with campers arranged by age and ability/ comfort level. Please note: the ability groups listed below are to give a general idea. Actual group arrangements for each camp week will depend on registration and availability.

Bike Ability Levels

Pre-Beginner- (Week 1: Let's Get Rollin' 6/19-6/23): Ready to learn how to pedal, steer, and stop on a bike with two wheels, hand brakes or foot brakes. Requires practice when starting and stopping. Able to follow directions and listen to teachers.

Beginner- Has the ability to ride independently on a pedal bike without training wheels. Knows how to safely start pedaling on the first try, and can safely stop using their brakes without skidding. Learning how to get around corners, going up and down hills. Ready to ride on gravel, dirt, and pavement. Comfortable riding up to 3 miles.

Intermediate- Has the ability to ride independently on a pedal bike without training wheels. Know how to safely start pedaling on the first try. Comfortable stopping using their brakes and stops without skidding. Comfortable getting around corners, going up and down hills, and riding on various surfaces. Comfortable riding 3-5 miles.

Advanced- Confident riding around corners, going up and down hills, and riding on various surfaces. Well balanced on a bike while wearing a backpack. Comfortable and experienced riding 5-10 miles. Ready for long distance rides.

Q: What should my child bring each day to bike camp?

A: Every camper should come with a labeled backpack with the following labeled items:

- Bike and Helmet
- One or two full water bottles labeled with the child's name. Check and double check for leaks. If possible, a water bottle holder/cage on bike
- Morning and afternoon snacks
- Lunch
- Replacement bike tube (our instructors carry bike pumps and tire levers!)
- Sunscreen and a Hat
- Extra socks
- A lightweight layer, and an extra set of clothing, just in case the wind gets chilly or wet
- Close toed shoes. No crocs, slides, or leather boots. Prefer keens, tennis shoes, or water shoes
- We get in and out of water throughout the day. From bikes to trails and rocky streams to mud - we explore it all. Make their day more enjoyable with the proper footwear. It is challenging to carry and change shoes often throughout the day.

If your child is an independent biker, they should also be comfortable biking while wearing their backpack as we are on the move!

Q: What kind of bike can my child bring to summer camp?

A: Preferred Bike:

- Two-wheel bikes only
- Hand brakes
- All terrain bike tires
- Gears
- Water bottle holder

Also Allowed:

- Coaster breaks (foot or back pedal breaks)
- Cruisers
- Single or fixed gear

NOT Safe for Camp:

- Strider/balance bikes
- Training wheel bike
- Stunt or BMX bike
- Bike without working brakes
- Bike with more than 2 wheels

Q: What kind of helmet should my child wear at summer camp?

A: Helmet:

- Must cover your forehead
- Should not fall off or backwards
- Needs to have adjustable fit
- Needs to have connected and intact casing
- Needs secure chin strap connectors

Skateboard helmets are allowed, but do not provide the same impact protection and brain injury prevention as a properly fitted bike helmet.

Q: My child still rides with training wheels. Can they attend camp?

A: Training wheels are unfortunately NOT safe for bike camp. However, if your child wants to learn to be an independent rider, they are welcome to bring a two wheeled bike (with no training wheels) to Let's Get Rollin' camp (06/19 - 06/23). This camp is open to bikers of all ability levels. This is the only biking camp that is available to bikers who are in the process of transitioning from training wheels to independent two-wheel biking.

Q: Can I leave my child's bike behind at CEC while they are attending camp?

A: No. CEC is unable to store bikes safely at this time. Please plan to transport your child's bike to and from camp locations each day.

Q: What will my child learn about bike safety? What kind of safety precautions are taken?

A: Children will learn about roadways right of way traffic rules, the importance of visibility, basic bicycle care, communication while cycling in a group, and use of safety equipment such as properly adjusting and wearing a helmet. Multiple camp leaders are positioned along the group of campers, always keeping one at the head and one at the end of the line. We stop often for water breaks and at every turn/ intersection/ trail fork to ensure the group stays safely together.

Q: What kind of footwear should my child wear while biking?

A: Every camper should be wearing close-toed sneakers unless otherwise noted by the camp instructor. Campers may not wear crocs, flip-flops, or other unsecured, open-toed shoes while biking.