



Riders and Volunteers Needed!

Where and When: ORANGE COUNTY CONVENTION CENTER
JULY 28, 2019 – AUGUST 3, 2019

Bike Program: The Down Syndrome FOUNDATION of Florida has invited iCan Shine (a nonprofit organization that teaches individuals with unique abilities to ride a conventional two-wheel bicycle) to Orlando for our eight annual bike camp. The camp is open to individuals who are over 8 years old and who are unable to ride a two-wheel bike. The camp cost is \$50 for members/\$150 for non-members per rider which includes 5 days of camp (75 minutes a day) and a t-shirt.

Rider Requirements: (limited spots available):

- Must be at least 8 years old by start of camp
- Must be able to walk without an assistive device and sidestep to both sides
- Must be able to attend the same 75-minute session each day of the 5-day camp
- Must have a bicycle
- Must be under 220 lbs. and have a minimum inseam measurement of 20" (measure from floor with sneakers on)
- Participant can follow instructions and comply with authoritative figures / volunteers when asked.

Volunteer Requirements:

- At least 15 years old (unless accompanied by an adult)
- Able to attend 90 minutes at the same time each of the 5 days of camp (15 minutes of training/daily debriefing)**
- Able to provide physical, emotional and motivational support to assigned rider
- Able and willing to get some exercise (light jogging/running) for a great cause!

Those interested in learning more or registering for this great program as a rider or volunteer should **register on-line: www.dsfflorida.org.**