



## **iCan Bike Riders and Volunteers Needed!**

**Where:** LIU-Post Pratt Recreation Center, 720 Northern Blvd., Brookville NY

**When:** June 29, 2020 – July 3, 2020

**Cost:** \$200.00 (a few scholarships are available)

**Bike Program:** iCan Shine is a nonprofit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its' iCan Bike program.

### **Rider Requirements:**

- Must be at least 8 years old by start of camp and have a disability
- 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 be under 220 lbs. and have a minimum inseam measurement of 20" (measure from floor with sneakers on)
- Must have a similar age peer to accompany the rider to participate in our Ambassador Program. If you are having challenges identifying a same age peer, please contact us. We have plenty of ideas and resources.

### **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 pre-session meeting/training)
- 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 registering for this great program as a rider or volunteer should **register online.**

**Riders click here** <https://forms.gle/rFrYrkTuVS9uMPj66>

**Volunteers click here** <https://forms.gle/6cJMdMnxehHb7QgP7>

For more info go to: [www.icanshine.org](http://www.icanshine.org) or [www.dsafonline.org](http://www.dsafonline.org)

Or email [dsaf03@gmail.com](mailto:dsaf03@gmail.com)