



Summer Bike Camps 2026- Important Info

Bike Adventure Camp (Full Day) - Severna Park Evangelical

Presbyterian Church (SPEP)

Camp Arrival and Departure Procedures

We utilize a Drop Off and Pick Up line for ALL campers. This minimizes wait times and eases transitions for campers, as well as helping us to keep our camp environment safe and controlled.

Camp hours are 9- 3:30 pm. We will begin welcoming campers at 8:45 each morning (no earlier drop offs please). Pick up is at 3:30 pm but parents may arrive earlier and line up in the pick up line if desired. If you are running late, please call our main number to let us know. We do not wish to charge late fees, but reserve the right to do so for campers who are picked up more than 15 minutes late on more than two occasions.

The address for Severna Park Evangelical Presbyterian Church is 110 Ritchie Highway, Pasadena, Maryland, 21122. SPEP is across from the Harris Teeter shopping center in SP/Pasadena. When you enter the Church's driveway, you will proceed to the left side, drive to the back of the parking lot, where we will have a designated unloading area and a circle to allow cars to exit after dropping their camper. When our staff direct you to pull up, we will assist in unloading your camper(s), their bags, their helmet and bike. You can either stay in your vehicle or assist in getting your camper(s) unloaded, but we ask that you do not enter the Camp Area as to minimize confusion and transitions. Riders will NOT be getting on bikes immediately, we will keep riders contained in the adjacent playground area during drop off and pick up times for safety.

You MUST bring the Maryland Health Department required Health Form for your camper. If your child has an emergency medication for asthma/allergy, you

must also bring the Allergy Action Plan and Medication Authorization Form signed by your physician as well as your child's medication. For campers with epi-pens, we will ask you to show us the epi-pen each morning, which will then be stowed in your camper's pack that they will carry at all times.

At pick up, your child may only be picked up by the adults listed on the registration. You will be asked to show ID if the adult is not the same as the one who dropped off. Please let us know at Drop Off and/or in writing if your child will be picked up by someone other than you or needs to leave early from camp that day. Note that we do not allow early pick ups from Adventure Camps as the group is typically out riding and it is very difficult and disruptive to coordinate a pick up not at our "home base" location.

Pick up will occur in the same manner as drop off, you may line up in the driveway and we will help campers one by one in getting to your car and getting loaded in.

Preparing for Camp- Mindset and Parent Support

Our Bike Adventure Camps are full of fun and activity, and a LOT of bike riding, sometimes in super hot and sunny summer conditions. There will be hard, tiring and frustrating moments. As a parent, you can encourage and ensure them that they are safe and that WE CAN DO HARD THINGS. Children pick up on fear and concern expressed by adults around them. We can assure you that safety is always priority #1 (followed by fun!) and we are always carefully monitoring riders and weather conditions and adjusting plans as needed. Be prepared for tired kiddos who need downtime and lots of hydration.

Bike and Required Equipment

First and foremost, all campers MUST wear a well-fitting bike helmet. On the first day of camp, helmets will be inspected and properly fitted to each child. Campers will wear helmets at all times, with the exception of our activities/snack/lunch/craft/non-bike games breaks. We will have spare Woom helmets available to borrow or purchase if we do not deem helmet condition or fit safe. We will require parents to provide a new helmet by the next day if this is the case, and can provide suggestions for purchasing helmets. If you'd like to purchase a Woom helmet for the first day of camp, please email bikes@pedalpowerkids.com. We highly recommend these helmets or another high quality adjustable, well-ventilated helmet- skate-style helmets are hot and uncomfortable for long days on the bike.

All campers should bring a well-maintained, properly fitting bike each day. It is imperative that the bike be in good mechanical shape, so we recommend a quick tune up at the bike shop prior to camp. We strongly prefer campers have

a bike with hand brakes and gears. If you are concerned about your child's bike, we have limited rental Woom bikes on a space available basis- please contact us ASAP if you have a need.

If you are considering a new bike purchase for your child, please feel free to contact us for guidance. Visit <https://pedalpowerkids.com/bikes/> for our preferred bike brands, including the Woom bikes used at Camp. We sell Woom bikes directly (same pricing as website, no shipping cost and professional assembly included) and have a small selection of bikes in stock and ready for pick up- we can order any Woom model with 7-10 days notice for us to receive and assemble. Contact Allie Dubit, our Bike Sales Manager bikes@pedalpowerkids.com for more information. We also have a community Facebook group, PedalPower Pals, where members can buy/sell/trade high quality kids bikes please request to join.

We will do our best to fix any obvious issues after safety checking the bike, but we do not have the time or capacity to make major repairs and reserve the right to call parents for pick up of campers if the bike you've provided is not mechanically sound and we don't have a loaner available.

Bikes and helmets will need to be taken home each night, as there is no secure storage for bikes.

Clothing and Sun Protection

It is imperative that your child be dressed appropriately for sun, heat and activity. Closed toe sneakers are a must and children will not be able to participate in flip flops, sandals, crocs or water shoes. Laces must be tied carefully as they can be a hazard. Socks are strongly encouraged, taller socks protect shins and lower legs from scratchy pedals are best. Comfortable shorts or leggings and tee shirts are best- please no skirts, dresses or very oversized or loose clothing which can be a hazard. We strongly recommend sunglasses for eye protection and bike gloves for hand protection and comfort. Sore bottoms are the most common "injury" at bike camp, and you can prevent that soreness by buying a pair of bike shorts or the padded "liner" bike shorts that can be worn under regular clothes- both available from amazon. Alternatively, you can purchase a kids' size gel seat cover on Amazon for your child's bike. Please label all clothing.

Children should arrive at camp with sunscreen and insect repellent applied as we expect to be in direct sun throughout the program. Children can bring sunscreen to reapply themselves if parents have given sunscreen permission when registering. We encourage you to send both a

lotion/spray and a facial stick to ease application for your child. We may request a change of clothing, bathing suit and towel for water play on Fridays- you will receive an email with these instructions.

Backpacks, Lunch Boxes, Water and Food

Because this Adventure Camp is a full day camp with different destinations daily, campers need to carry their hydration and lunch with them on the bike. *This is a change from prior years when we often ate lunch at our home base!*

When riding, campers need hydration and a substantial lunch and snack. We prefer that camper lunches be peanut and tree nut-free but do not require it. There is no food sharing at camp at all.

We strongly recommend purchasing a hydration pack, which will allow your child to easily drink as they ride and will have capacity for their lunch and sunscreen. Many young riders don't have enough control over their bikes to grab a frame-mounted water bottle when riding, and baskets can be risky. Check out Osprey, Deuter or Camelback for child-sized hydration packs that will be comfortable and functional.

If desired, campers can bring an additional bag to keep at our home base at SPEP, to include additional snacks, drinks, a change of clothes and a towel (as per above).

Once or twice during the camp week, we typically provide a treat like snowcones or Italian ice or Fro Yo- please advise if you do not want your child to partake or if there are food sensitivities you haven't shared with us.

Health and Medications

All children must be fully toilet trained- staff are not able to assist in the restroom in any way. We will have use of restrooms, hand soap and hand sanitizer. If your child becomes ill at camp, you will be notified and must pick up immediately.

Children are not allowed to bring any medications without the proper documentation- (Medication Auth/Allergy Plan)- NO EXCEPTIONS. We are not set up for routine medication administration, only emergency medications. This includes over the counter medications- please do not put medications in backpacks or lunch boxes without proper documentation and notification to staff.

Other Important Rules

Please do not send any electronic devices, toys or valuables to camp with your child. We do not have the ability to securely store valuables. On the first morning of camp, campers will review the safety rules for the particular location and camp, and are expected to adhere to these policies. PedalPower Kids reserves the right to remove children from camp who are unwilling or unable to comply with safety rules, including helmet use, staying in boundaries, and safe riding practices.

Inclement Weather

Camp will generally be held rain or shine. We do have access to indoor space at SPEP to use as needed for extreme weather or heat. We will not ride in any thunder/lightning event and may either cancel camp or request an early pick up or delayed start if dangerous weather conditions are expected to persist. Our staff has a shelter plan in place for each day's destination and in the event of extreme weather that does not allow for a safe return to our home base, it is possible that you would be contacted to pick up from a different location- but we try our best to avoid this scenario. Please check email before camp on bad weather days. It is important that we have accurate contact information for parents or caregivers who can pick up quickly if needed.

Communications with Team PedalPower Kids

Contact hi@pedalpowerkids.com or 443.914.2277 with questions, comments, etc. Please let us know if your child will be late or absent from camp, as we often wait for the entire camp group to assemble before beginning the day's activities. Text the 443.914.2277 number, which is our business line, and your message or question will be conveyed to on-site staff including Camp Director. If you need to have a longer conversation with the on-site Camp Director about your child, please let them know at pick up or drop off and they will reach you either in a break time or in the evening.

PedalPower Kids' office hours are 8:30 AM to 4:30 PM, Monday through Friday. Please allow 24 hours/one business day for a response to emails and phone calls due to the volume of camp-related communications. When contacting us during the summer camp season, it is imperative that you provide the name and location of the camp that your child is enrolled in as we have many types of bike camps running across different locations each week. If you have an emergency and need immediate assistance, please send a text message to our main

number 443.914.2277 and indicate you need urgent assistance. *Requests received after business hours and over the weekend will be responded to within 24 hours from the next business day.*

Weekly Activity Schedule Notes

Our Adventure Camps vary slightly week-to-week, based on the businesses and community partners' schedules. Most weeks include a visit with seniors at an Assisted Living facility, a craft at Blended Essentials, yoga, bike maintenance workshops and more. We don't typically provide a weekly schedule in advance because things are subject to change and we do like to surprise our campers, but don't hesitate to reach out if you need more detail.

We suggest that you please pack \$10 in your child's pack for the week. Our weekly activities vary a bit, but there may be an opportunity to pick out and purchase a book at Park Books (books only, no toys) and/or a sweet treat at some point. This is a great way to practice math and money handling skills. We will try to provide a heads up the night before about any planned activities where campers should bring their own money, but it's best to just start the week with cash in their packs should it be needed.

Your child will receive a PPK t-shirt the day before to wear as a group on the final day of camp.

Packing List

To summarize, bring:

- Well-maintained bike with handbrakes and gears
- Well-fitting helmet
- Sneakers, socks and athletic clothing
- Sunglasses and Bike gloves
- Hydration pack or backpack with lunch, snacks, drink, sunscreen, insect repellent and money
- Optional additional bag to stay at SPEP with additional water bottle, snacks, change of clothes, towel and swimsuit
- ALL required medical forms on the first day
- Epi-Pen and required forms if needed

Follow along with our Camp Adventures on [Facebook.com/PedalPowerKids](https://www.facebook.com/PedalPowerKids)

Instagram: PedalPower Kids

Facebook Group: PedalPower Pals (request access)