



Summer Bike Camps 2026- Important Information

Learn to Ride Camp- St Martin's Lutheran Church, Annapolis

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 reluctant or nervous campers, as well as helping us to keep our camp environment safe and controlled.

The address for St Martins is 1120 Spa Road, but you will use the second Forest Drive entrance coming from Spa Road (headed West on Forest Drive). The first entrance is the parking lot next to the playground- that's not where our camp is held. Use the second entrance on Forest Drive, where you can begin lining up 15 minutes before your camp start time. When our staff direct you to pull up, we will assist in unloading your camper(s), their bag, helmet, and bike if applicable. 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. Image of parking lot below.

You MUST bring the Maryland Health Department required Health Form for your camper on the first day of camp. 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 hand us the epi-pen (in a small cooler bag if required) each morning for safekeeping in our medical kit.

At pick up, use the same procedures as drop off to line up. For the safety of our campers, Do NOT park your car elsewhere and walk over to the camp area to pick up- please share this information with other caregivers who may be picking up. Your child may only be picked up by the adults listed on the registration. 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.

Once your child is signed in, he or she will be directed to their designated “parking space” marked in chalk for storage of their backpack, bike and other items.

Preparing for Camp- Fears, Mindset and Parent Support

Many campers are very nervous and hesitant about Learn to Ride camp, and riding a bicycle independently. We are VERY used to these fears and apprehension, and some tearful dropoffs on the first morning. We can assure you that they’ll be begging for more by the week’s end! 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. Sometimes, a camper may start riding independently very easily and then find themselves overwhelmed and fearful- progress isn’t always linear, so stay calm if your child comes home from camp one day feeling down or frustrated. Learning a new skill in the hot summer sun is exhausting for body and mind, so 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 snack/lunch/craft/non-bike games breaks. We will have spare Woom helmets available to borrow 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. You can also purchase the Woom READY helmet from PPK as well for \$89.90- its the best fitting and most comfortable helmet we’ve used- email bikes@pedalpowerkids.com to do so.

All campers will be provided with a Woom bike to use for the camp week based on the height information you have provided to us. If height information is inaccurate or missing, we cannot guarantee that we will have a bike that will fit your camper, and you may be asked to return to camp with a bike that you supply. If you did not initially provide height information, **please measure your camper again and email hi@pedalpowerkids.com no later than the Wednesday before your camp starts.**

As the week progresses and riders are pedaling independently, campers may bring their bikes from home so that we can assist them in transitioning to their own bike. Generally, this occurs no earlier than Thursday, but we may advise parents as soon as Wednesday that their camper should bring his/her bike. Please make sure the bike is in good working order, with tires inflated and training wheels removed. 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 keep campers on our bikes if the bike you've provided is not mechanically sound or ill-fitting.

It's VERY important that your camper does NOT ride with training wheels once camp has started. Please remove training wheels prior to camp start to facilitate at-home practice. Your child's bike seat should be adjusted low enough to allow for their foot to be flat on the ground, with a slight bend in the knee. (This is to allow for balance and gliding and early comfort for new pedalers- not the proper seat height for pedaling).

Bikes from home and helmets will need to be taken home each night, as there is not secure storage for bikes. 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. Allie Dubit, our Bike Sales Manager, is available to guide you on bike selection, sizing and ordering- bikes@pedalpowerkids.com or 443.914.2277.

We also have a community Facebook group, PedalPower Pals, where members can buy/sell/trade high quality kids bikes please request to join.

We generally do NOT recommend any kind of protective pads for knees or elbows. Because our teaching method is balanced-based, falls aren't very common, and we find that pads increase fear, as well as restricting mobility and decreasing comfort.

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, a common issue with developing bike riders.

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 and send that to camp each day-like this:

<https://www.amazon.com/Liyamobu-Cushion-Breathable-Children-Resistant/dp/B09YRMDD2J?th=1>

Please label all clothing and items sent to camp- including seat covers!

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.

Water and Food

Campers should plan to bring a large insulated water bottle or two to stay hydrated throughout the camp session. Please be sure your child can easily open and drink from the bottle. For all Learn to Ride campers, please send your child with a substantial snack/small lunch in an insulated cooler or lunch box. We typically take a 20-30 minute extended shade and snack break during both morning and afternoon camps. Snacks should be peanut and tree nut-free and should not require refrigeration, and campers should be able to open containers and packages independently. No food sharing is permitted, and staff will require hand sanitizer before and after snack. On the last day of camp, we will typically provide a treat like italian ice or snowcones- please advise if you do not want your child to partake.

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 be held rain or shine. We do have access to indoor gym space at St Martin's to use as needed for extreme weather or heat (not on bicycles). We will not ride in any thunder/lightning event and may either cancel camp or request an early pick up if dangerous weather conditions are expected to persist. 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 Camp Manager. If you need to have a longer conversation with the on-site Camp Manager about your child, email annearundel@pedalpowerkids.com to set up a time- for safety reasons, we cannot have extended conversations with parents during pick up and drop off.

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.*

End of Camp Parade and Celebration

On the last day of camp, we will invite parents to join us for a “Parade” of Bike Riders, proud to show off their new skills to you. We will have a short ceremony following the parade to celebrate their accomplishments. Please be on the lookout for an email with additional details including time and parking information. Your child will receive a PPK t-shirt the day before to wear as a group on the final day of camp.

Follow along with our Camp Adventures on [Facebook.com/PedalPowerKids](https://www.facebook.com/PedalPowerKids)
Instagram: PedalPower Kids
Facebook Group: PedalPower Pals (request access)

