



WELCOME TO PEDALHEADS BIKE PARENT HANDBOOK

This handbook outlines what to expect and what to bring for a fun week at camp!

NEED TO KNOW MORE ABOUT THIS PROGRAM?

Click on these resources!

[Important Updates](#)

[Pedalheads Policies](#)

[Bike and Helmet Fit](#)

LET'S GET RIDING!

Contact our Customer Care Team if you need to make any adjustments to your registration:
1-888-886-6464 or info@pedalheads.com

[Knowledge Base](#)



BIKE CAMP CHECKLIST

WHAT TO BRING

A bike in working order

A bike helmet

A water bottle

A nut-free snack

Closed toed shoes – running or athletic shoes are best

Comfortable clothes for a day of being physically active

Weather-appropriate clothing – rain gear, sweaters, etc.

Sunscreen and mosquito repellent – Please apply before camp. Sunscreen will only be reapplied in our full day programs unless requested otherwise by parents.

Any required medication, such as Epi-pen or puffers

A small backpack to hold all your child's belongings

A nut-free lunch (**all-day/combo camper**)

Extra snacks (**all-day/combo camper**)

A change of clothes (**all-day/combo camper**)

HALF-DAY CAMP

Our half-day camp features three hours per day of safety and bike proficiency instruction. From beginners on training wheels to advanced riders on the road, we teach kids the skills needed to succeed on the trails and streets.

ALL-DAY CAMP

After their morning riding portion or activity, children rest during their lunch break. Pedalheads does not provide lunch services; therefore, please be sure to pack a healthy nut-free lunch for your child so they can maintain their energy. Because we are an active camp, we also suggest packing slightly more lunch than what you may normally pack. During this time, instructors help re-apply sunscreen and prepare for the afternoon biking session.

Our Instructors use games, obstacle courses, special equipment, and positive encouragement to help develop kids' skills and confidence on their bikes.

During the week, children spend time both on and off their bikes, which helps keep them energized and engaged. Kids also spend the week preparing for one of our Pedalheads challenges, appropriate for their level.

Every Friday, your child can participate in one of our fun theme days. Our team will be dressed up and doing their best to make this a fun and enjoyable day for your child. You'll be informed at the beginning of the week what the upcoming theme is. We encourage you to dress your child up for theme day!

BEFORE + AFTER CARE

For parents looking for additional care outside of the regular camp hours, we can provide one hour of before and/or after care for a small fee. In extended care, kids participate in a variety of activities ranging from outdoor sports and games to crafts and activity sheets.

*Please note: Care is off bike activities only

WEATHER POLICY + ALERTS

Pedalheads runs rain or shine, but there can be exceptions that may impact your camp such as air quality or extreme weather. You can check here to see how weather will affect your camp.

If extreme weather jeopardizes the safety of children or employees in any way, the programs may hold off on specific activities until conditions improve. The decision to cancel programs due to potentially hazardous weather are made in consultation with regional managers and local weather forecasts or advisories. In the event of any cancellations due to inclement weather, every effort will be made by Pedalheads Bike, Swim, and Trail to contact all clients affected via email, phone, or informative postings at affected locations and sites.

ALL-DAY CAMPS

9:00am to 4:00pm (7 hours)

HALF-DAY CAMPS in the morning

9:00am to 12:00pm (3 hours)

HALF-DAY CAMPS in the afternoon

1:00pm to 4:00pm (3 hours)

CLOTHING TIPS:

Because Pedalheads operates primarily outside, it's important that your child is dressed appropriately for camp. We suggest monitoring the weather and preparing your child accordingly. Clothes to bring may include:

Raincoat (rainy days)

Rain boots (rainy days)

Gloves (cold days)

Warm clothes (cold, rainy days)

An extra set of dry clothes (rainy days, always recommended for all-day camp)

Extra socks

A sweater

Comfortable, active clothing

Running shoes or closed-toed sandals