

Dear iCanBike Families and Volunteers,

Outlined below are some important details the DSA of DE has complied in partnership with iCanBike and the facility we are using, St. Edmond's Academy. Please read through these directions and details thoroughly as they contain important information about camp.

Sincerely,

Lauren Camp Gates

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iCan Bike Camp Parents/Guardians & Volunteers

Given the number of people that come into contact with our equipment during a typical camp day keeping our equipment clean has always been a priority for iCan Shine. Due to the COVID-19 pandemic we are taking additional measures to mitigate the spread of the virus. Aligned with guidance from health authorities, we are implementing additional measures to ensure we can do our part to keep all staff, campers, families, volunteers and hosts safe at our camps.

iCan Shine will continue to carefully monitor the COVID-19 situation and follow guidance from the CDC, World Health Organization and other state and local health authorities. We urge all parents/guardians and volunteers to follow state and local guidelines for your community. The following precautions will be implemented during all 2020 bike camps:

- *Parents/guardians MUST bring a properly fitted bike helmet for your rider to wear each day. iCan Shine will not have helmets available for riders to borrow. If riders do not bring a helmet or do not have a properly fitted bicycle helmet, they will not be able to participate that day.*
- Before each camp session, handlebars, hand grips, brake levers, training handle grips and seats of bikes will be cleaned by Shine staff using disinfectant wipes/sprays.
- Before each camp session, Host and Shine staff will wash their hands
- Before each camp session, campers and volunteers will wash their hands (parents and caregivers will be required to do so as well).
- Only 1 parent/guardian/support person will be permitted to attend camp each day to limit the number of people in the facility.
- Any camper, volunteer, parent/guardian that feels ill, has any symptoms of COVID-19 and/or has a fever will be required to stay home
- Hosts will send online links to parents/guardians and volunteers for a pre-recorded electronic orientation in replacement of our typical in-person Sunday Parent and Volunteer Orientation.
- Shine staff will disinfect bike equipment during the time that Sunday Orientation for parents and volunteers normally occurs

- Parents/guardians are reminded that campers with underlying health conditions (found [here](#)) seem to be at a higher risk for developing serious complications from COVID-19 illness. While iCan Shine and Camp Host will take all necessary precautions, being exposed is still a possibility.
- If any individual that has attended camp (camper, volunteer, parent/guardian, Host, Shine staff, etc) tests positive for COVID-19 during the week of camp the remainder of camp will be terminated.

Additional DSA of Delaware iCanBike Camp Precautions

- Typical Sunday in-person orientation will be held virtually:

Parent Orientation: <https://youtu.be/9tF4dNWqc8U>

Selecting the Most Suitable Bike for Learning:

https://www.youtube.com/watch?v=y0o2vNLCw2Y&feature=emb_logo

Reminders:

- Start looking for a bike ASAP as they have been harder to come by during the pandemic
- Riders must wear closed-toe shoes
- iCan Shine will not have helmets to borrow if a rider forgets theirs

Volunteers: <https://www.youtube.com/watch?v=GktaprwQUxk>

Reminders:

- They must wear closed-toe shoes
- They need to be ready to go for their daily spotter meetings that will begin 15 minutes before the start of each session
- No loaner bikers or helmets. All personal bikes and helmets will be sanitized after usage. iCanBike equipment will be sanitized with hospital grade cleaning equipment between usage.
- Volunteers and Support Person/Biker will stay socially distanced when at all possible. Volunteers will work with the same Biker each day whenever possible to reduce exposure.
- Whenever possible Biker/Volunteer will be outside.
- No food shall be consumed on the premises besides DSA of DE & iCanShine staff during the designated break.
- *A maximum of 5 bikers and 12 volunteers will be within the building during any given session. DSA will have 2 staff and iCanShine will have 2 staff. The number of bikers (5) is determined by the gym square footage to ensure social distancing space.*
- Signage will be posted to remind attendees on precautions as well.

Entrance/Exit Flow:

- DSA of DE Staff Member will be outside to handle check in upon arrival at session under tent in the parking lot. No one is permitted to enter the facility until they check in at the tent.

- Biker/Camper is only allowed 1 Support Person (parent or guardian) to attend with them. Volunteers, Biker and Support Person will go through the following process:
 - Asked if they have experienced any symptoms (will be listed aloud), if answered yes, they cannot enter. Daily record will be kept.
 - Temperature taken and must be within normal limits or no entrance allowed.
 - Hands must be washed in bathrooms in the foyer upon entering (one entrance/exit for bathrooms)
 - Support People, Volunteers required to wear masks, Bikers highly encouraged but not required. Masks will be provided if they need one. Volunteers may only remove masks if exerting themselves when running/spotting.
 - Support Person will sit on designated chair in gym and must remain 6 feet apart (unless taking Biker to bathroom)

- New session attendees (Biker, Support Person, Volunteers) will not enter until all previous attendees from session before exited through gym side door (*separate exit/entrance areas*). DSA Intern will give all clear that everyone has exited before DSA or DE Staff brings in next session group of Support People, Bikers and Volunteers. If volunteers are helping for multiple sessions, they can remain in building but must wash hands again. ***There is a 20-minute built in break between sessions to allow for time to disinfect and clear the area.***