

OKC BICYCLING TIPS & MUSTS

WHY OKC LOVES BICYCLING:

- INCREASES MUSCLE TONE
- MAKES STURDY BONES
- STRONG HEART AND LUNGS
- CHISELED LEGS (LEGS OF STEEL)
- FASTER THAN WALKING
- UNLIMITED FREE PARKING
- NO FUEL EXPENSES
- NO POLLUTION
- SLOWS GLOBAL WARMING



YOUR CAMPER'S

Bike must:

- be sized properly*
- have all brakes and gears working
- have tires filled with air (advised pounds pressure on tire sidewall)

Helmet must:

- be proper size for camper
- be adjusted for camper
- be easily fastened and unfastened by camper
- worn

Backpack must:

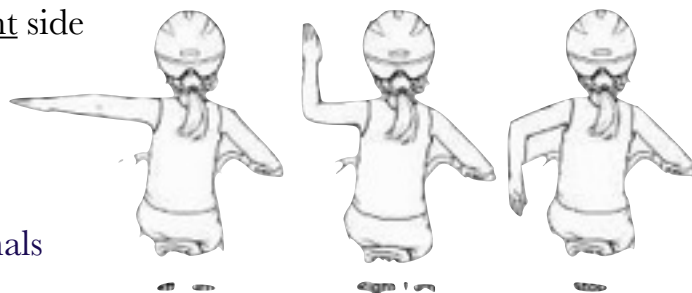
- be large enough to carry: lunch, water bottle, water shoes, sunscreen
- be no larger than child's back

Water bottle must:

- be carried for all land activities and on bike trips
- not be disposable!
- not leak!

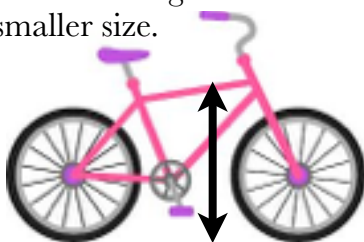
SKILLS YOUR CHILD MUST MASTER BEFORE COMING TO CAMP

- ★ Mount and dismount their bicycle
- ★ Start riding without assistance
- ★ Come to a full stop using breaks (no foot dragging)
- ★ Put on, fasten, and unfasten their helmet
- ★ Carry their own backpack
- ★ Know to ride on the right side of the road — with the flow of traffic
- ★ Ride in a straight line
- ★ Ride single file
- ★ Know and use hand signals



*SIZING -- YOUR CAMPER'S BICYCLE

Your camper needs to be able to stand flat footed while straddling the top tube. The top tube runs from the handle bars to the seat. If your child can not stand flat footed the bike is too big. Find a smaller size.



FITTING A BICYCLE HELMET Low, Level & Snug

A bicycle helmet should sit low on the forehead, just above the eyebrow.

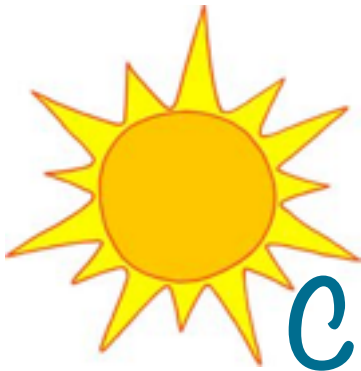
The buckle should be just under the chin, with one finger's width of space between the strap and the chin. The helmet must always be buckled.

For a final check, gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any direction.



It should fit snugly and can be fine tuned by adjusting the "fit ring" at the back of the helmet.

Adjust the side straps so the point of the V sits just below the ear.



Oxford Community Center

Camper

Camp & Splish-Splash (Swimming) Attire

Campers need quick-dry clothing (shorts, tops, and swimming suits) that will air dry on the body) for play and swimming in the Bay. Opportunities for changing into and out of swimming clothes are limited and time is a premium.

Swimming lessons are an exception: Campers enrolled in morning swimming lessons can change into and out of bathing suits at the pool where lessons are given.



Don't forget hats and sun screen!

Please put your camper's name on clothing and gear.



Yum!

Healthy Lunch = Fun

Main course:

filling & nutritious



Sides:

cheese, vegetables, nuts...



Beverage:

milk, water, juice...



Treat:

small portion



Our Policy



Two pairs: athletic & water shoes

OK campers and counselors must wear closed-toe athletic shoes. **Open toe, backless sandals, Crocs and flip flops are ABSOLUTELY forbidden !!!**

Proper foot attire is mandatory for camp participation.

Water shoes are required for sailing, canoeing, nature, and the afternoon 'free swim' in the Bay. Water shoes are only worn for these activities; they are not sturdy enough for running and sports, and their soft form or open toes make them extremely dangerous for bicycling.

OK campers wear the right foot gear!!

