



# OK CAMP BICYCLING

## 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:

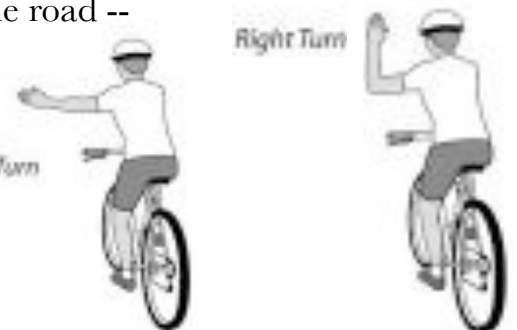
- be large enough to carry: lunch, water bottle, water shoes, sunscreen
- be no larger than child's back

### 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 OKC CAMP

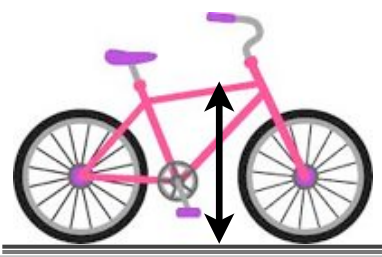
- ★ mount and dismount their bicycle
- ★ start riding without assistance
- ★ come to a full stop using breaks (no foot dragging)
- ★ put on, fasten, and unfasten their helmet
- ★ carry their own packed backpack
- ★ know to ride on the right side of the road -- with the flow of traffic
- ★ ride in a straight line
- ★ ride single file
- ★ know and use hand signals



### \*Sizing --

#### Your Camper's Bicycle

Your child 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

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

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



It should fit snugly and can be fine tuned by using thinner or thicker removable foam pads inside.

The two side plastic pieces on the straps should fit just under the ears.

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.



Oxford Community Center  
200 Oxford Road

# Camper clothes



Don't forget hats and sun screen!



## 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.



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

OK campers wear the right foot gear!!

### 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.



Yum!

## Healthy Lunch = FUN!



Main course:

Filling & nutritious



Sides:



cheese, vegetables, nuts

Beverage:

milk, water, juice



Treat:

small portion

