



Social Stories

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The following social stories are designed to help prepare riders for the different components of a typical iCan Bike, five day program.

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First Day of Bike Camp



You will first meet your team who will help you learn to ride a bike all week.



Then your team will make sure your helmet is on and fits correctly.



Next you will see the bike you will ride.
This is called the pit.



Now your team will take you to get fit on the bike by the Bike Tech.



Finally, you can ride the bike!!



You will ride the bike in circles over and over again.



It's okay if you get tired and need a break, ask your team.



After you take a break, you will get back on your bike and ride in circles again.



Bike camp is so much fun! You will enjoy riding a bike and making friends.



Riding the Tandem Bike



You will first meet your team who will help you learn to ride a bike all week.



Then your team will make sure your helmet is on and fits correctly.



Now your team will take you to your bike.



When your team tells you, you can ride the bike.



You will ride the bike in circles over and over again.



It's okay if you get tired and need a break, ask your team.



After you take a break, you will get back on your bike and ride in circles again.



Today you will ride on the tandem bike.
You will ride on the front seat and the
teacher will ride on the back seat.



After you ride the tandem bike you will go back to your roller bike.



Bike camp is so much fun! You will enjoy riding a bike and making friends.



Riding a Two-Wheel Bike/ Riding outside



You will first meet your team who will help you learn to ride a ride all week.



Then your team will make sure your helmet is on and fits correctly.

Team



HELMET

Now your team will take you to your bike.



Today you may ride a two-wheel bike.



You will ride the two-wheel bike and the teacher will run with you.



After you ride the two-wheel bike, you might go back to your roller bike



Or you may keep riding the two-wheel bike.



If you stay on the two-wheel bike, you may go outside and ride your bike.



You may be scared, but your team will keep you safe.



It might be hot outside so drink lots of water.



When camp is over for the day you will bring your bike back inside.



Bike camp is so much fun! You will enjoy riding a bike and making friends.



Last Day of Bike Camp



You will first meet your team who will help you learn to ride a ride all week.



Then your team will make sure your helmet is on and fits correctly.



Now your team will take you to your bike.



Today you may ride a two-wheel bike.



You may ride inside, outside or both



You may be scared, but your team will keep you safe.



It might be hot outside so drink lots of water.



Camp may end early for a celebration.
People may clap and cheer for me.



If I brought my own bike, I will take it home with me.



I will keep practicing at home.
I can ride with family and friends.



Riding a bike is fun!
Everyone will be proud of me!

