



Midland Area Bike Camp Volunteer Registration Form

Thank you for volunteering for the Lose the Training Wheels™ bike camp presented by *the Arc of Midland*. We are pleased to bring this program to our community, and would like to thank you in advance for your contribution. If you have any questions, please contact us at bikecamp@thearcofmidland.org.

Personal Information

Volunteer First Name: _____ Last Name: _____

Birth date: _____

Parent/Guardian name (if under 18 yrs.): _____

Home Phone: (____) _____ Cell Phone: (____) _____ Office Phone: (____) _____

E-mail Address: _____

Street: _____

City: _____ State: ____ Zip: _____

Preferred Contact Method: (circle) home phone cell email

T-Shirt Size: (Adult Sizes) Small Medium Large X Large 2 X L 3 X L

Emergency Information

In the event of an emergency, who would you like contacted?

Name: _____ Relationship: _____

Phone Number: (____) _____ Alternate Phone Number: (____) _____

Volunteer Roles: Please indicate in which volunteer role you are interested.

Spotter: You must be 15 years or older to be a spotter. This individual will run alongside a child as they are learning to ride a bike. They will provide physical support and encouragement. Spotters must be fit and like to run. Spotters should plan for a consistent commitment of 1 session each day for 5 days. A spotter will be assigned to a specific camper. This helps establish a relationship with “your” camper which becomes a motivation for them to work hard at biking. The first 3 days you will be walking behind your camper and building experience and confidence. For many spotters, the last 2 days can be a solid hour of running.

If interested in spotting a camper, please determine your highest level of fitness:

- I can jog at a moderate pace for one hour with short breaks
- I can walk fast for one hour with short breaks
- I can walk steadily for one hour with short breaks
- I cannot walk at a steady pace for one hour with short breaks

Camper sizes vary from 50lbs to 220lbs. To appropriately match you with a camper that you can safely spot, please include your height and weight.

Height: _____ Weight: _____

Spotter Support: If you are a professional and you would like to be working with a camper directly but you cannot run... you can be assigned as Spotter Support. You will be learning from the Floor Directors – including one from the Lose the Training Wheels Organization, and one from the Midland Area Bike camp. Your expertise in behavior management, physical therapy, occupational therapy, special education, or a specific child can be invaluable in a camper’s success. For this role, please plan on committing to 1 session (*or more*) for all five days of the camp.

Welcome Wagon: In general, welcome families as they come to the camp, help with nametags and any initial questions. Help with helmets and t-shirts, etc. Communicate any family requests or concerns to Camp and Floor Directors.

Volunteer Coordinator: Sign in volunteers, handout t-shirts, insure everyone has a job, answer questions.

Request Donations: Approach merchants for donations for volunteer lunches, volunteer refreshments, water for campers (Check with Elco Water for Water Cooler), cups, cake for celebration dinner, prize/certificates/trophies for campers

Set Up/Take Down: Help set up the camp on Sunday evening , June 13th or take down the camp on Friday afternoon. We have to roll the bikes out to truck and clean up the location.

Photographer: Take pictures of the campers to show progression and to publicize the camp.

Videographer: Video the camp to show progression and to publicize the camp. If possible, organize a short summary video to be shown on MCTV.

Driver: Often during the camp there is a need to run around town a little to pick up the volunteer lunches or water cooler, or bike part, etc.

Child Care Station: Families sometimes need to bring siblings, so we usually set up a station for toys and entertainment for them. If you would like to entertain younger children, you could set up and run this station and play with the kids. This is a big help so that parents can focus on the child who is learning to ride a bike.

Your Commitment

Please indicate the times when you will be available to volunteer. Please note that if you would like to be a spotter, we ask you to commit to working the entire week of the camp for the session(s) you select. Campers bond with their volunteers and rely on the same person to be there each day to help them learn to ride. **It is important that you arrive 15 minutes prior to your session start time for a daily briefing.**

- 9:00am – 10:15am
- 10:45am – 12:00pm
- 1:00 pm – 2:15 pm
- 2:45pm – 4:00pm
- Volunteer training Sunday, June 13th from 6:00 to 7:00pm at the Midland EV Free Church.

Optional Information

What is your profession? _____

Do you have experience working with individuals with disabilities? _____ If yes, please explain:

What is your reason for volunteering with Lose The Training Wheels™?



Volunteer Release Form

Program: Lose the Training Wheels™

Description: A weeklong bike program that uses adapted equipment to help individuals with disabilities learn to ride a two-wheel bicycle.

I give permission for my child/myself (print name below)

To be photographed and/or videotaped by a Midland Area Bike Camp representative or media for use in publicizing the above mentioned program in print or electronic media. I acknowledge and agree that my participation in photographs and videos may be edited and used in whole or in part as desired for this program, which may be produced, duplicated, distributed and used for informational purposes. I understand that photographs and video become the property of your organization without compensation to me. I understand and authorize the use in writing or otherwise the name or identity of the above participant.

By signing, I hereby expressly acknowledge that volunteering at a Lose The Training Wheels™ bike program, like many activities such as swimming, golf, soccer, and gymnastics; involves movement and physical activity, and that injury or mishap are possibilities in spite of all reasonable safeguards and precautions taken. I accept such risks as reasonable and proper, and agree to hold harmless the principals & staff of *The Arc of Midland*, Lose the Training Wheels, Inc., and Rainbow Trainers, Inc. should injury or mishap occur.

Signed _____
(Signature of parent/ guardian If volunteer is under 18 years of age.)

Print Name _____

Date: _____