



Adaptive Cycling Conference

Sept 18 – 21 2016

Schedule Updated: 7/18/16

Subject to change

Sunday, Sept 18

3:00pm	Shuttle departures from Salt Lake City Airport to the National Ability Center
3:00– 6:00pm	Conference registration, National Ability Center
6:30- 8:00pm	Dinner and welcome reception, National Ability Center

Monday, Sept 19

7:00-8:00am	Breakfast
8:00- 8:45am	Consult the experts - Constructing the “perfect” program (roundtable discussions)
9:00-10:00am	Adaptive Cycling Group Breakout Station
10:00-11:00am	Adaptive Cycling Group Breakout Station
11:15am-12:00pm	Consult the experts - Adaptive Cycling Risk Reduction Strategies (roundtable discussions)
12:00-12:45pm	Lunch
1:00-2:00pm	Adaptive Cycling Group Breakout Station
3:00pm – 6:00pm	Mountain Bike Trail Ride Practicum
6:30-8:00pm	Dinner, National Ability Center

Tuesday, Sept 20

7:00-8:00am	Breakfast
8:00-8:45am	Adaptive Cycling Program Guidelines and Best Practices for VA and Community Based Programs: Panel discussion
9:00-10:00am	Adaptive Cycling Group Breakout Station
10:00-11:00am	Adaptive Cycling Group Breakout Station
11:15-12:00pm	Advanced Problem Solving and Networking (outdoor)
12:30-1:30pm	Lunch
1:45-4:30pm	Para-Badminton Demonstration
5:00pm	Shuttle departure for Salt Lake City Airport

Wednesday, Sept 21

7:00am	Shuttle departure for Salt Lake City Airport
11:00am	Hotel check-out

Session Descriptions

Subject to Change

Consult the experts - Constructing the “perfect” program (roundtable discussions)

In this session participants will select different program models in separate roundtable discussions. Expert facilitators will discuss program considerations for different models, to include:

- City based program
- Veteran focused program and CTRS assessment
- Rural program and off-road
- Resort based program

Adaptive Cycling Risk Reduction Roundtables

In this session participants will select different risk reduction strategies in separate roundtable discussions. Expert facilitators will discuss and share best practices for minimizing these risks. Topics will include:

- Incident reporting and emergency procedures
- Abuse prevention and awareness (including background screening)
- Registration and preparation
- “Out on the trail” - ride management

Advanced Problem Solving and Networking

In this session participants will have a chance to re-cap hat they have learned with all the presenters and discuss one on one different individual scenarios and issues they have encountered. This session will be held outside with the opportunity to reference different pieces of equipment “hands-on” to assist with demonstrating effective solutions.

Adaptive Cycling Program Guidelines and Best Practices for VA and Community based programs: Round Table Discussion

- Is your organization or VA starting an adaptive cycling program or trying to take your programming to the next level? This round table discussion will engage conference attendees to share their best practices for running a safe and effective program. Participants are encouraged to share their ideas and proven techniques.
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Adaptive Cycling Group Breakout Stations:

Conference participants will be broken into three groups and each group will cycle through five, hands on stations which will cover the types of equipment, fitting and assessment for the following types of biking:

- Tandem and VI riding
- Attendant Bikes
- Recumbent
- Upright
- Off Road (Handcycle)
- Off Road (Upright)
- Road Handcycle

Mountain Bike Trail Ride Practicum

In this session conference participants will switch between two different stations – upright and seated off-road riding. Skills and drills will be covered for both types of riding, then participants will get to ride out on the trail and explore in detail how a trail ride is practically implemented.