

Cycling





This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor. You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

The requirements were last issued or revised in 2013 •	
Scout's Name:	Unit:
Counselor's Name:	Counselor's Phone No.:
http://www.USScouts.Org • Please submit errors, omissions, comments or suggestions a Comments or suggestions for changes to the requirements for the	about this workbook to: Workbooks@USScouts.Org
Note: The bicycle used for fulfilling these requirements must have required by your local traffic laws. 1. Do the following:	e all required safety features and must be registered as may encounter while participating in cycling activities and

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□ b.	Show that you he sunburn, heat e	know first aid for injuries or illnesses that could occur while cycling, including cuts, scratches, blisters, exhaustion, heatstroke, hypothermia, dehydration, insect stings, tick bites, and snakebite.
	Cuts:	
	Canadahaa	
	Scratches:	
	Blisters	
	Sunburn:	
	Heat Exhaustion:	
	Heat Stroke:	
	Hypothermia:	
	Dehydration:	
	Insect stings:	
	Tick bites:	
	Snakebite:	

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	Explain to your counselor why you should be able to identify the poisonous plants and poisonous animals that are found in your area.
C.	Explain the importance of wearing a properly sized and fitted helmet while cycling, and of wearing the right clothing for the weather.
	Know the BSA Bike Safety Guidelines.
☐ 2.	Clean and adjust a bicycle.
	Prepare it for inspection using a bicycle safety checklist. (<i>There is a checklist you may use at the end of this workbook.</i>)
	Be sure the bicycle meets local laws.
☐ 3.	Show your bicycle to your counselor for inspection. Point out the adjustments or repairs you have made.
	Do the following:
	a. Show all points that need oiling regularly.
	b. Show points that should be checked regularly to make sure the bicycle is safe to ride.
	c. Show how to adjust brakes, seat level and height, and steering tube.

4.	Describe how to	brake safely with foot brakes and with hand brakes.	
	Foot brakes:		
	_		
	-		
	Hand brakes:		
5. 6.		pair a flat by removing the tire, replacing or patching the tube, and remounting the tire. ate and local traffic laws for bicycles.	
	Compare them v	vith motor-vehicle laws.	

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7. Using the BSA buddy system, complete all of the requirements for ONE of the following options: road biking OR mountain biking. A. Road Biking (a) Take a road test with your counselor and demonstrate the following: (1) Properly mount, pedal, and brake, including emergency stops. (2) On an urban street with light traffic, properly execute a left turn from the center of the street; also demonstrate an alternate left-turn technique used during periods of heavy traffic. Standard Left Turn Alternate Left Turn (3) Properly execute a right turn. ☐ (4) Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight. (5) Show proper curbside and road-edge riding. Show how to ride safely along a row of parked cars. (6) Cross railroad tracks properly. (b) Avoiding main highways, take two rides of 10 miles each, two rides of 15 miles each, and two rides of 25 miles each. You must make a report of the rides taken. List dates for the routes traveled, and interesting things seen. Date: _____ Miles: ____ ☐ Ride 1 – 10 Miles Route: Most interesting things seen:

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Cycling			Scout's	Name:	
Г	Ride 2 – 10 Miles	Date∙	Miles:		
_	Pouto:				
	Noute.				
	Most interesting things s	een:			
	Ride 3 – 15 Miles	Nata:	Miles:		
_	Route:	Dale	IVIIICS		
	Route.				

Cycling Scout's Name: Most interesting things seen: Ride 4 – 15 Miles Date: _____ __ Miles: ___ Route: Most interesting things seen:

Cycling Scout's Name: Ride 5 – 25 Miles Miles: _____ Date: _____ Route: Most interesting things seen:

Ride 6 – 25 Miles Miles: _____ Date: _____ Route: Most interesting things seen:

Scout's Name:

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Cycling		Scout's Name:			
	er completing requirement (2) for the road biking option, do ONE of the following: Lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in eight hours.				
	50 Mile Ride	Date:	Mil	es:	:
	Route:				
	Most interestin	g things seen:			

Ш	(2) Participate in tour's cue she	eet to make a map of the	at least 50 miles. Make this ride i ride	ir oight hours. 7 morward, doo
	Bike Tour		Miles:	Time::

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	(a)	Take a trail ride with your counselor and demonstrate the following: (1) Properly mount, pedal, and brake, including emergency stops. (2) Show shifting skills as applicable to climbs and obstacles. (3) Show proper trail etiquette to hikers and other cyclists, including when to yield the right-of-way. (4) Show proper technique for riding up and down hills. (5) Demonstrate how to correctly cross an obstacle by either going over the obstacle on your bike or dismounting your bike and crossing over or around the obstacle. (6) Cross rocks, gravel, and roots properly. Describe the rules of trail riding, including how to know when a trail is unsuitable for riding.
	(c)	On trails approved by your counselor, take two rides of 2 miles each, two rides of 5 miles each, and two rides of 8 miles each. You must make a report of the rides taken. List dates for the routes traveled, and interesting things seen. Ride 1 – 2 Miles Date: Miles: Miles: Miles: Miles: Miles: Most interesting things seen:

Cycling Scout's Name: Ride 2 – 2 Miles Miles: _____ Date: _____ Route: Most interesting things seen: Ride 3 – 5 Miles Date: _____ Miles: _____ Route: Most interesting things seen:

Cycling Scout's Name: _____ Ride 4 – 5 Miles Miles: _____ Date: _____ Route: Most interesting things seen: _____ Miles: _____ Ride 5 – 8 Miles Date: _____ Route:

Cycling Scout's Name: Most interesting things seen: Ride 6 – 8 Miles Date: _____ Miles: _____ Route: Most interesting things seen:

ng			Scout's Nar	ne:
	d) After fulfilling the pre- systems, if needed. S	vious requirement, lay out Stay away from main highv	on a trail map a 22-mile trip. Yo vays.	u may include multiple trail
	Using your map, mak	ke this ride in six hours.		
	22 Mile Trip	Date:	Miles:	Time:

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the Guide to Advancement (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.

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Sample Bicycle Safety Checklist

Frame - Clean and not bent out of shape. No cracks at Frame Joints.					
Front Fork - Clean and not bent out of shape. No cracks at Fork Joints.					
Headset Bearing - Well lubricated; turns freely with no binding. No perceptible play in the assembly.					
Bottom-Bracket Bearing - Turns freely with not more than barely perceptible play in the bearing.					
Crank Arms - Clean and not bent out of shape. Tightened securely on the Crankset Axle.					
Chainrings - Clean, not worn, and not bent out of shape. Chainring Bolts tightened securely to hold Chainrings to Crankarms.					
Pedals - Bearings well lubricated; turn freely with no play in the bearing. Pedals tightly screwed into Crankarm. Toe Clips functional.					
Fenders - Clean; tightly attached without rattling or rubbing against the Tires.					
Wheels - Run true and round. Wheel nuts tight. Closed and tight quick-releases. Centered in form or frame members.					
Wheel Bearings in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.					
Spokes - None broken or bent. Tightened to a uniform tension.					
Tires - Good Tread. Valves 0 completely airtight. Properly inflated to recommended pressure.					
Rims - Clean of all oil and grime. Free of dents or kinks.					
Chain - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.					
Gearing - Clean and oiled. Three-speed gears adjusted to eliminate all slipping. Front 42a and Rear 4b derailleurs adjusted for proper shifting with Shifters 4c.					
Brakes					
Coaster - Even braking. Operate within a 20-degree back-pedaling motion.					
Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads. Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls. No squeal when brakes are used.					
Cables - No frayed ends. No broken strands. All taut.					
Handlebars - Tightened securely. Grips not worn; fit snugly, adjusted to comfort of rider, ends plugged, & in line with wheel.					
Saddle - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seatpost not extended beyond maximum mark on post.					
Lights - Front light visible for 500 feet. Generator or battery in good operating condition.					
Rear Red Reflectors/Lights - Visible for 300 feet. Lights/Blinkers functional with generator or batteries.					
Bell or Horn - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners.					
Bike Registration - If required by local law, must be displayed on frame.					