

PEDAL WITH THE PACK

ELECTIVE ADVENTURE



SNAPSHOT OF ADVENTURE



Get together with your den, pack, or family to go on a bike ride. You will learn about what to take and how to make sure your bike is ready, and then you will go for a ride! Grab your helmet, check your tires, and a buddy to head out on another Cub Scout Adventure.

REQUIREMENTS

1. Show how to properly wear a bicycle helmet. Show you can take it off and put it on without help.
2. Decide what you should wear when riding a bike.
3. Learn about different types of bikes and when/where you might ride these different bikes.
4. Demonstrate you can start and stop your bicycle without help.
5. Demonstrate proper hand signals.
6. With your den, pack, or family, following the buddy system, take a bike ride.



- **Elective Adventure**
- **Scan for this Elective Adventure**

REQUIREMENT 1

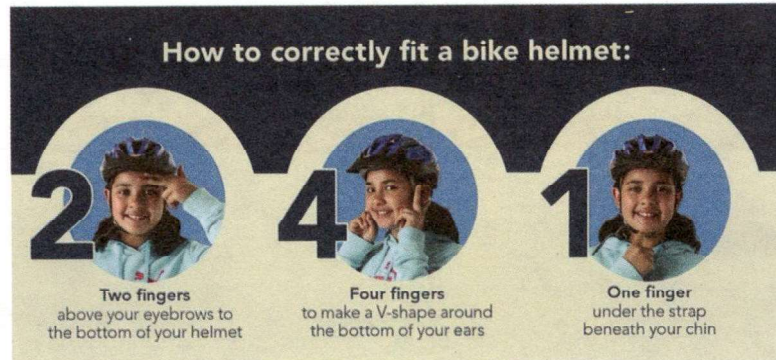
Show how to properly wear a bicycle helmet.
Show you can take it off and put it on without help.

Work with your den or caring adult to try on bicycle safety gear. If you have your own helmet or other gear, you may want to bring it with you to your den meeting.

HELMET

A hard-shell helmet with a fastened chin strap is your most important piece of bicycle safety gear! Always wear a hard-shell helmet with a chin strap when you go biking. Make sure it fits so it will help protect your head if you fall off your bike. In most states, wearing a helmet is required.





- ▶ It should sit snugly on your head, but not so tightly that it is uncomfortable.
- ▶ The front of the helmet should sit two fingers above your eyebrows. If the helmet is tipped back, it will not protect your forehead.
- ▶ The side straps should make a "V" around your ears.
- ▶ Use the "one-finger rule" to fit your chin strap. The buckle should be centered under your chin. Tighten it so you can only fit one finger between it and your chin.

If your helmet slips and slides, then take it off and adjust the fit. With your caring adult's help, learn how to adjust the helmet so it fits correctly. Learn how to fasten and unfasten your chin strap by yourself. Make sure it is always fastened before you ride!



Date

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REQUIREMENT 2

Decide what you should wear when riding a bike.

When you go on a bike ride, knowing the weather will be important in deciding what you should wear. Will it be hot and sunny? Is there a chance of rain?

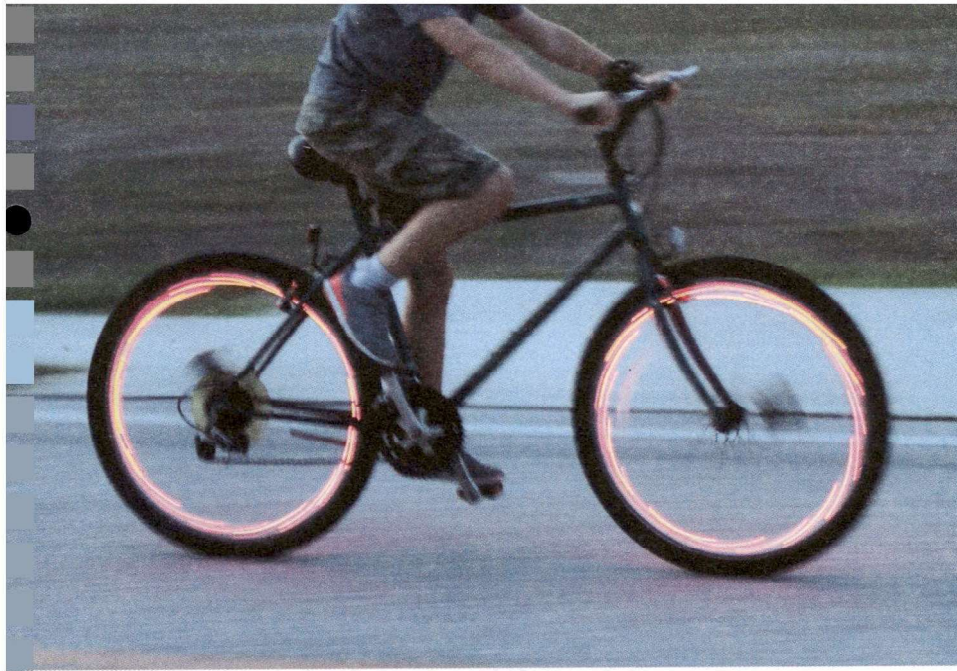
When picking out clothes for your bike ride, in addition to what the weather will be like, keep these in mind:

- ▶ Always wear closed-toe shoes with socks.
- ▶ Wear clothing that stays close to your body.
- ▶ If wearing long pants, make sure they will not get caught in your pedals or bike chain.
- ▶ Bright colors that make you visible are best.



Kneepads and elbow pads can save your skin from scrapes. If you fall off your bike on gravel, dirt, or pavement, you'll be glad you were wearing them, especially when you are just learning to ride.





Reflective tape and light-colored clothing make it easier for people in cars to see you. Wear reflective tape on the front and back of your jacket, helmet, wheel spokes, and even your pant legs. A flashing light on your jacket or pack also helps motorists see you, even during the day.



Each state has laws about safety gear and helmets. With your den or caring adult, check with your local or state police to find out the laws before you ride.



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REQUIREMENT 3

Learn about different types of bikes and when/where you might ride these different bikes.

Bicycles have changed a lot over the years. One thing has stayed the same: They sure are a blast to ride!

Bikes can be used for exercise and for traveling long distances. They can be built to ride on trails or in the mountains. Some bikes are made for comfort. Other bikes are built for racing.

Here are three different kinds of bicycles:



ROAD BIKES

Road bikes are lightweight. These bikes are good for exercise, long-distance rides, and racing. They have tall, thin tires that are made for riding on roads. Road bikes are built for speed. On a road bike, you bend forward toward the handlebars so you can go fast.

You can switch gears to make it easier to pedal on a flat road, up a steep hill, or downhill.

MOUNTAIN BIKES

Mountain bikes have small, chunky tires and small frames. They are best for riding on rocky or dirt trails or gravel roads. They may have shock absorbers to handle bumpy trails. Shock absorbers are used to



reduce the jolts and bumps that your body feels on a rugged trail. Mountain bikes can go up and down steep hills. They are heavy and are not as fast as road bikes.



BMX BICYCLES

BMX means "bicycle motocross," but everyone just calls them BMX bikes. They are smaller bikes and are used for doing jumps and tricks on dirt tracks. BMX bikes are also used for racing and

jumping. BMX bikes are made for rough riding conditions.

ADAPTIVE BICYCLES

Adaptive cycles are bicycles and tricycles that are specifically designed for people with physical or development needs. Tricycles can be built with

synchronized hand and foot pedaling. For those

who do not have use of their legs, tricycles can be made with hand pedals. The type of disability determines the modifications for the bicycle or tricycle.



Now that you have learned about bikes, which kind of bike sounds fun to you?



_____ **Date**

_____ **Adult's Signature**

REQUIREMENT 4

Demonstrate you can start and stop your bicycle without help.

Once you have put on your helmet and other safety gear, remember the ABCs of riding your bike.

A = Air. Check that the tires on your bike are filled with enough air. The tire will tell you the correct psi (pounds per square inch).

B = Brakes. Check your brakes. If you have hand brakes, check that the cables are in good working order.

C = Chain. Check the chain and add bike grease to it if it needs it. Your chain should be tight. If you have gears, check the cables to make sure they are in good working order.

Now it is time to show that you can start and stop your bike without help. It is OK if your bike still has training wheels or is a push bike. If you have training wheels, once you have completed this requirement and you feel up to it, try it again without training wheels. Learning to balance your bike is an important part of riding a bike and training wheels only teach you to pedal.

When you are on your bike, your feet should reach the ground without having to tip your bike over. If your feet do not touch the ground, adjust your bike seat.

There are different ways to learn how to ride a bike. Your den or pack may choose to have someone come and help you or you may learn from a family member.



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REQUIREMENT 5

Demonstrate proper hand signals.

It is always important to use hand signals when you are riding your bicycle. Learn the proper signals for turning right, turning left, and stopping. Make sure you signal in plenty of time before you turn, so people in cars know what you are going to do. Show your caring adult or your den leader how to use hand signals for turning left, turning right, and stopping.

Left Turn



Stopping



Right Turn



Alternate
Right Turn



Date

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REQUIREMENT 6

With your den, pack, or family, following the buddy system, take a bike ride.

See new places on a bike ride with your den, pack, or family. On a bike, you can feel the wind in your face. You can move fast. You will see, hear, and smell things around you that you might miss riding in a car. Remember to grab your Cub



Scout Six Essentials, complete a bike safety check, wear your helmet and safety gear, and grab a buddy.

Make sure you understand the bike rules as well as the traffic rules where you live. Biking is a big responsibility. Stay alert and ride single file. Leave enough space between you and other bikers in case they stop suddenly, so you will not run into them. A bike ride is your chance to get outdoors to practice the bike tips you learned and have a great time doing it. Stay safe and enjoy the ride.



Date

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