

Cub Scout Bicycling

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once. Links to other workbooks and resources are at the end of this workbook: Online Resources.

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: March, 2011.

Scout's Name:	Pack:
Scout Bicycling Belt Loop (See the Pin R	
plete these three requirements:	
Explain the rules of safe bicycling to your den leade	er or adult partner.
Demonstrate how to wear the proper safety equipme	ent for bicycling.
Show how to ride a bike safely. Ride for at least half	f an hour with an adult partner, your family, or your den

Cub Scout Bicycling Pin

Earn the Cub Scout Bicycling belt loop, and complete requirement 1 below, and do four more of the following requirements:

1. Make a chart to record at least 10 hours of bicycling. (Required)

Bicycle Riding Chart

Date:

Amount of time:

Date:

Amount of time:

Date:					
Amount of time:					
Total time:					
2. Participate in a pack, den, or community bike rodeo.					
3. Demonstrate how to repair a flat tire on a bicycle					
4. Make a poster illustrating different types of early bikes and show it to your den.					
5. Give a demonstration to your den or pack on the proper use of safety equipment and gear.					
6. With the help of a parent or adult partner, register or reregister your bicycle.					
7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling					
8. Repair or restore a nonfunctioning bicycle to a sa					
9. Visit a bicycle race or exhibition.				-	
10. Help set up a bike rodeo or bike competition for y					

Scout's Name:

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's supervision.)

Tiger: http://meritbadge.org/wiki/index.php/Tiger
Wolf: http://meritbadge.org/wiki/index.php/Tiger

Bear: http://meritbadge.org/wiki/index.php/Bear
Webelos: http://meritbadge.org/wiki/index.php/Bear

Cub Scout Workbooks: ► http://meritbadge.org/wiki/index.php/CSW -or- ► Academics / Sports

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

Boy Scouts of America: http://www.scouting.org/ ► Guide to Safe Scouting ► Age-Appropriate Guidelines for Activities

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Cub_Scout_Art

Cub Scout Bicycling Belt Loop Requirements

1, 2, 3. Bike Safety

Cub Scout Bicycling Pin Requirements

- 1. The Riding Chart you need is above.
- 2. Bike Rodeo
- 3. Repair a flat tire on a bicycle.
- 4. Wikipedia: History of the Bicycle Pedaling History Bicycle History
- 5. Bike Safety
- 7. A "bicycle hike" is a bike ride of typically less than an hour for Cub Scouts.
- 8. Repairing: Bike Tires Bike Chain Bike Gears Bike Handlebars Bike Brakes Bike Seat
- 10. Bike Rodeo

General Resources

Bicycling Magazine: http://www.bicyclingmagazine.com

BMXPLUS! Magazine: http://www.mountainbike.com

Adventure Cycling Association: http://www.ababmx.com/

Intl. Mountain Bicycling Association: http://www.bikeleague.org/

Nat. Off-Road Bicycle Association: http://www.bikeleague.org/

USA Cycling: http://www.usacycling.org/

BMXPLUS! Magazine: http://www.bmxplusmag.com

Adventure Cycling Association: http://www.adv-cycling.org/
Intl. Mountain Bicycling Association: http://www.imba.com/
Nat. Off-Road Bicycle Assn.: http://www.usacycling.org/mtb/