

Bike Trip/Merit Badge

All Scouts going on the trip, please review the following. I'm available for any questions or concerns...Tom Gillon, 770-205-6746 or tomg1999@hotmail.com.

Bike Safety Information

In addition to the Cycling Merit Badge booklet, there are several websites that provide great bike safety info which cover many of the Merit Badge requirements. Please review the following links even if you are not getting the Merit Badge:

1) Helmet fitting and other great info on helmets...

<http://www.helmets.org/fit.htm>

Video... <http://www.cityofmadison.com/mcc12/archive/transportation/helmet.ram>

Article: See file titled... *Helmet Fitting.pdf*

2) Safe bike riding...

U-Tube Video for adult bike riders but has good info for

Scouts....<http://www.youtube.com/watch?v=jdrrxIpOpt4>

http://www.be-safe.org/css_com/bicycle/index.html

<http://bicyclesafe.com/>

http://www.kidshealth.org/kid/watch/out/bike_safety.html

Mandatory items for ALL Scouts going on Silver Comet Trail trip:

1. Helmet – fits correctly (see <http://www.helmets.org/fit.htm>), is not cracked, dented, and is approved by ANSI or Snell Foundation.
2. Working bicycle that has been inspected by Parent (refer to *Bike safety checklist.pdf*).
3. Spare tube that fits your bike. Refer to bike tire size on side of your bike's tires. Sources - Target/Walmart or Reality Bikes. This is important because sometimes you can't fix certain flats and we won't be near stores to get parts.
4. Water bottles or hydration pack – some method for safely carrying water on bike. Many bikes have holes on the frame for mounting "bottle cages". Consider getting two cages and two bottles or use hydration pack. Again, Walmart & Target may have these cheap.
5. Comfortable clothing for cycling (Light weight, fast drying t-shirt), comfortable shorts, comfortable shoes & socks.

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Optional but highly recommended:

1. Energy bars (Cliff Bar, Power Bar, Energy Beans, cereal bars, granola bars..sources...grocery stores, bikes shops, Walmart (pharmacy section), CVS.
2. Gatoraide (in addition to water) – as long as you have safe way to carry it.
3. Sunglasses
4. Biking gloves
5. Bike lock

For Scouts getting the Merit Badge:

In addition to the above, be familiar with the requirements - read Cycling booklet and/or review websites listed above. Merit Badge Requirements are:

Cycling Merit Badge Requirements:

1. Show that you know first aid for injuries or illnesses that could occur while cycling, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebites, blisters, and hyperventilation.
2. Clean and adjust a bicycle. Prepare it for inspection using a bicycle safety checklist. 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.
5. Show how to repair a flat. Use an old bicycle tire.
6. Take a road test with your counselor and demonstrate the following:
 - a. Properly mount, pedal, and brake including emergency stops.
 - b. 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.
 - c. Properly execute a right turn.
 - d. Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight.
 - e. Show proper curbside and road-edge riding. Show how to safely ride along a row of parked cars.
 - f. Cross railroad tracks properly.

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7. Describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety guidelines. (*See attached Cycling GA Laws.pdf*).
 8. 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, routes traveled, and interesting things seen.*
 9. After fulfilling requirement 8, lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in eight hours.
- The bicycle must have all required safety features. It must be registered as required by your local traffic laws.