



Cycling Class Information

Merit Badge Rally

October 16, 2021

WELCOME: Read all the information below. This information will help you get prepared for your class and be successful in earning your Cycling Merit Badge.

SCOUTS- *Please bring a bike to class. If you are unable to bring a bicycle please contact Merit Badge Counselor (his information below). Also, bring a bike helmet, and dress for the weather.*

CYCLING WORKBOOK: Cycling pre-requirements are listed below. Here is the link to the workbook <http://usscouts.org/mb/worksheets/Cycling.pdf>

CYCLING MERIT BADGE PAMPHLET: If you need a copy of the pamphlet you can ...

1. Ask your Scoutmaster if they have one in their Library
2. Check your local Council store
3. Purchase a digital download at <https://www.scoutshop.org/>.

NOTE: There is **no Zoom session prior** to your class on October 16th.

- However, you are expected to do the requirements which are listed below. The idea is that when everyone meets on October 16th, if all requirements have been completed, then you will have earned this merit badge.
- Your instructor will be keeping track of what everyone completes on a requirements sheet. That sheet is turned into Gamehaven, and blue cards are sent out via email to the main contact on the registration.

TIME: All Scouts must check in at the admin building to get your Merit Badge Packet and information on where the class is held in the Cub Scout area of Gamehaven Scout Reservation.

MB COUNSELOR: Counselor for Cycling Merit Badge is Mr. Jason Kozisek <mailto:jasonkozisek@gmail.com>

CYCLING REQUIREMENTS: Please read through the Cycling MB Pamphlet. Review and be prepared to discuss or present below requirements in class.

- **Requirement 1:** Do the following
 - a. Explain to your counselor the most likely hazards you may encounter while participating in cycling activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - b. Show that you know first aid for injuries or illnesses that could occur while cycling, including cuts, scratches, blisters, sunburn, heat exhaustion, heatstroke, hypothermia, frostbite, dehydration, insect stings, tick bites, and snakebite. 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.

- **Requirement 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 regular lubrication.
 - 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.
- **Requirement 4:** Describe how to brake safely with foot brakes and with hand brakes.
- **Requirement 5:** Show how to repair a flat by removing the tire, replacing, or patching the tube, and remounting the tire.
- **Requirement 6:** Describe your state and local traffic laws for bicycles. Compare them with motor-vehicle laws.
- **NOTE:** Plan on working part of requirement 7 at camp.

Websites that can help in your Research:

- National Highway Traffic Safety Administration - <https://www.nhtsa.gov/>
- Bicycling Magazine - <https://www.bicycling.com/>
- Adventure Cycling Association - <https://www.adventurecycling.org/>