

Bicycling Badge



Otter (Do 4 requirements including the 2 starred)

- _____ 1.* Have your bicycle inspected for safety.
- _____ 2.* Learn to ride a bicycle without training wheels, be able to start, stop, and turn both directions.
- _____ 3. What are the 3 basic types of bicycle, and what are they used for?
- _____ 4. What are safe ways to carry your things safely on a bicycle?
- _____ 5. What types of clothing should you wear when riding a bike? What should you stay away from?
- _____ 6. Take a short bike ride with a parent of at least a 1/2 hour.

Dolphin (Do 5 requirements including the 2 starred)

- _____ 1.* Have your bicycle inspected for safety. Learn to ride a bicycle without training wheels., be able to start, stop, and turn both directions. Find out the rules of the road for bicyclers. Make sure you know who has the right of way; where you are allowed to ride and in which directions. Know all the hand signals needed for riding on public roads and trails.
- _____ 2.* Learn how to make basic bicycle repairs and how to keep your bicycle clean, rust free, lubricated, and properly adjusted.
- _____ 3. Define and identify the following parts of a bicycle:
Rim, Air Valve, Seat post, Chain, Sprockets, Brakes, Brake pads, Inner Tube, Gears
- _____ 4. Find out what types of bicycle accidents are the most common. Pinpoint hazards or trouble spots in your community and find a way to tell others about these hazards.
- _____ 5. On a map, find the safest bicycle route from your home to your school, church, or Frontier Girl meeting.
- _____ 6. Visit a bicycle shop and learn about the different types of bicycles. Find out what to look for when buying a bicycle.
- _____ 7. Go on a group bike ride of at least 2 hours. Map out where you are going. Consider safety issues. Be sure to carry a first aid kit, emergency tool kit, and food and water.

Butterfly (Do 6 requirements including the 2 starred)

- _____ 1.* Have your bicycle inspected for safety. Learn to ride a bicycle without training wheels., be able to start, stop, and turn both directions. Find out the rules of the road for bicyclers. Make sure you know who has the right of way; where you are allowed to ride and in which directions. Know all the hand signals needed for riding on public roads and trails. Learn how to make basic bicycle repairs and how to keep your bicycle clean, rust free, lubricated, and properly adjusted.
- _____ 2.* Plan an all day bicycle trip. Map out where you are going. Consider safety issues. Be sure to carry a first aid kit, emergency tool kit, and food and water.
- _____ 3. Research local bicycle clubs or groups. How many are in your area. What do they do?
- _____ 4. Invite a member of your local sheriffs department to talk to your group about bicycle safety and/or bicycle inspection or licensing

_____5. Find out what cycling events are available to women in the Olympics. How did America do in these events in the last Olympics? What kind of training is necessary.

_____6. Volunteer for at least 5 hours with a local charity that repairs bikes to give away.

_____7. Create a bicycle safety booklet for the younger members of your troop.

_____8. Create a list of public bike trails in your community. Make sure to list the hours they are open and any rules that are listed.

Eagle (Do 7 requirements including the 2 starred)

_____1.* Have your bicycle inspected for safety. Learn to ride a bicycle without training wheels., be able to start, stop, and turn both directions. Find out the rules of the road for bicyclers. Make sure you know who has the right of way; where you are allowed to ride and in which directions. Know all the hand signals needed for riding on public roads and trails. Learn how to make basic bicycle repairs and how to keep your bicycle clean, rust free, lubricated, and properly adjusted.

_____2.* 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. Make sure you bring a first aid kit, emergency tool kit, food, water, and a cell phone if possible.

_____3. Hold a bike safety day. Have participants demonstrate that they can correctly: Start and stop their bike; Use a brake to control their speed; Give correct hand signals; Make eye contact with drivers of trucks, cars and other bicycles to make sure they understand what you intend to do; Watch for cars at intersections, alleys, and driveways; Make left turns while watching for cars and making eye contact.

_____4. Plan a bicycle tour of your community. Make maps available to others in your troop.

_____5. Describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety guidelines.

_____6. Learn how to change a bicycle tire and be able to teach it to others.

_____7. Volunteer for at least 5 hours with a local charity that repairs bikes to give away.

_____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. Research the history of the bicycle and the role it played in the women's movement of the late 1800's. Make a booklet to share the story with your troop. (Try looking up information on Annie Londonderry)

_____10. 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.