

Troop 54

Cycling Merit Badge



The Cycling Merit Badge can be a required badge in lieu of Swimming or Hiking. A Scout must complete one of these three to earn a required badge in this category. Troop 54 will offer an opportunity to start earning the Cycling Merit Badge starting in June.

At the May 29th Troop Meeting prior to the first ride a packet will be passed out. We will discuss how to tune-up and repair a bike, discuss bike laws and cycling technique.

Eight rides will be scheduled over the summer. Before each ride we can work on requirements for the badge. Tools will be provided for scouts to make any minor adjustments before the rides. Scouts must write a report after each ride.

BIKE & RIDE REQUIREMENTS:

- * Your bicycle. Multi-speed mountain or road bikes. No single speed bikes. It should be properly sized and in good repair with only minor adjustments needed.
- * A water bottle or hydration pack.
- * A certified bicycling helmet (Snell or ANSI).

RIDE SCHEDULE: (all meeting times 9:00 am, weather permitting, @ Immaculate Conception Church upper parking lot.) All Scouts in Troop 54 are welcome to ride weather or not you are working on the merit badge just as long as you meet the "Bike & Ride Requirements" above.

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| 6/24 | 10 mile ride |
| 7/1 | 10 mile ride |
| 7/8 | Summer Camp – No Ride |
| 7/15 | 15 mile ride |
| 7/22 | 15 mile ride |
| 7/29 | 25 mile ride |
| 8/5 | 25 mile ride |
| 8/12 | Make up ride |
| 8/19 | Make up ride |
| September 21-23: | 50 mile ride. |

CAMPOUT / RIDE:

Weekend campout 9/21-23 at Greenough Scout Reservation, Yarmouthport, MA and bike ride along the Cape Cod Rail Trail.

Scouts must complete all six rides to qualify for the 50 miler. If you miss a ride above you must make it up on your own before the September Campout.

QUESTIONS???: Call: Bob Shaw (Cycling Merit Badge Councilor) 508-791-4094. or email at GeeBeeY@aol.com.

Adults are encouraged to come with their Scouts on the rides. Scout rules require "Two Deep Leadership". A minimum of two adults for activities.

"Hey! It's good exercise."

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.
7. Describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety guidelines.
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.
 - The bicycle must have all required safety features. It must be registered as required by your local traffic laws.
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.