



Scoutmaster Bucky CYCLING Merit Badge Workbook

This Workbook has been developed to help aid in organizing notes and references while working on the Cycling Merit Badge Requirements.

Visit www.ScoutmasterBucky.com for more information

SCOUT'S INFORMATION	MERIT BADGE COUNSELOR INFORMATION
<p>Name _____</p> <p>Phone _____</p> <p>Organization _____</p>	<p>Name _____</p> <p>Address _____</p> <p>City State Zip _____</p> <p>Phone _____</p> <p>Mobile _____</p> <p>Email _____</p>
WORKBOOK INFORMATION	
<p style="text-align: center;">Scoutmaster Bucky Workbook based off of <i>Boy Scout Requirements – 2011 Edition</i></p> <p style="text-align: center;">Visit www.ScoutmasterBucky.com for more information.</p>	

REQUIREMENT 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.

Notes:



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Hypothermia:

Heat Reactions:

Frostbite:

Dehydration:



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Insect Stings:

Tick Bites:

Snakebites:

Blisters:

Hyperventilation:



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REQUIREMENT 2: CLEAN AND ADJUST A BICYCLE. PREPARE IT FOR INSPECTION USING A BICYCLE SAFETY CHECKLIST. BE SURE THE BICYCLE MEETS LOCAL LAWS.

Notes:

REQUIREMENT 3: SHOW YOUR BICYCLE TO YOUR COUNSELOR FOR INSPECTION. POINT OUT THE ADJUSTMENTS OR REPAIRS YOU HAVE MADE. DO THE FOLLOWING:

REQUIREMENT 3A: SHOW ALL POINTS THAT NEED OILING REGULARLY.

Notes:

REQUIREMENT 3B: SHOW POINTS THAT SHOULD BE CHECKED REGULARLY TO MAKE SURE THE BICYCLE IS SAFE TO RIDE.

Notes:

REQUIREMENT 3C: SHOW HOW TO ADJUST BRAKES, SEAT LEVEL AND HEIGHT, AND STEERING TUBE.

Notes:

Counselor's Name

Phone

Counselor's Signature

Date

Inspection Completed



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REQUIREMENT 4: DESCRIBE HOW TO BRAKE SAFELY WITH FOOT BRAKES AND WITH HAND BRAKES.

Notes:

REQUIREMENT 5: SHOW HOW TO REPAIR A FLAT. USE AN OLD BICYCLE TIRE.

Notes:



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REQUIREMENT 6A: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: PROPERLY MOUNT, PEDAL, AND BRAKE INCLUDING EMERGENCY STOPS

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.

REQUIREMENT 6B: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: 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

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.

REQUIREMENT 6C: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: PROPERLY EXECUTE A RIGHT TURN

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.

REQUIREMENT 6D: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: DEMONSTRATE APPROPRIATE ACTIONS AT A RIGHT-TURN-ONLY LANE WHEN YOU ARE CONTINUING STRAIGHT

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.

REQUIREMENT 6E: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: SHOW PROPER CURBSIDE AND ROAD-EDGE RIDING. SHOW HOW TO SAFELY RIDE ALONG A ROW OF PARKED CARS

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.

REQUIREMENT 6F: TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING: CROSS RAILROAD TRACKS PROPERLY

This requirement does not require any workbook entry.

You will need to be prepared to demonstrate this requirement to your counselor.



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REQUIREMENT 7:

DESCRIBE YOUR STATE'S TRAFFIC LAWS FOR BICYCLES. COMPARE THEM WITH MOTOR-VEHICLE LAWS. KNOW THE BICYCLE-SAFETY GUIDELINES.

State Bicycle Traffic Laws:

Sate Motor-Vehicle Laws relative to State Bicycle Laws:



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REQUIREMENT 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.

10 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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10 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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15 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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15 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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25 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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25 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

Report:



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REQUIREMENT 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.

Notes: