



# Cycling

## Merit Badge Worksheet

2004 Rev. Created  
by Craig Long 2010

Scouts Name \_\_\_\_\_

Date \_\_\_\_\_

Counselor's Name \_\_\_\_\_

Counselor's Phone # \_\_\_\_\_

Complete

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, \_\_\_\_\_
- snakebite, \_\_\_\_\_
- blisters, \_\_\_\_\_
- hyperventilation. \_\_\_\_\_

Complete

2. Clean and adjust a bicycle:  
Bicycle Safety Checklist

Component	Pass or Fail
Frame No Cracks, bent tubes, proper size	
Forks Not bent or cracked, Zero freeplay between frame and fork, rotates freely	
Handle bars straight in- line front wheel, Good grips, tight to stem	
Seat in good conditon, proper height, able to touch ground while sitting on it & tight	
Front Wheel, little or no freeplay, spins freely, no missing spokes, not bent or kinked	
Rear Wheel little or no freeplay, spins freely, no missing spokes, not bent or kinked	
Tires Proper Inflation, Good tread no sidewall damage. Valve stem straight	
Chain lubed to prevent rust and binding, proper tension	
Derailleurs properly adjust, and shifting correctly, shifters tight, cables good	
Cranks bearings zero freeplay, arms, chain rings tight, Pedals tight, & freespining	
Brakes good pad conditon, proper adjustment,cables good conditon, all parts tight	

Be sure the bicycle meets local laws.

Complete

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.

Complete

4. Describe how to brake safely with foot brakes and with hand brakes. \_\_\_\_\_

Complete

5. Show how to repair a flat. Use an old bicycle tire.

Complete

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.

Complete

7. Describe your state's traffic laws for bicycles. \_\_\_\_\_

Compare them with motor-vehicle laws. \_\_\_\_\_

Know the bicycle-safety guidelines.

Complete

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. Please attach report to this worksheet.

Complete

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. Please attach your trip report to this worksheet