

Bicycling Badge

For Girl Scout Juniors

Purpose: This badge was created to promote bicycle safety and physical fitness.

To earn this badge, complete at least three activities from the Discover section, two from Connect, and one Take Action project.



Discover:

Bicycling Safety

Find out what the *Safety-Wise* standards are for bicycling with your troop.

Rules of the Road

Following the rules, laws and etiquette of the road is important to safe bicycle riding. Learn and practice the rules of the road for each of the following situations:

- Which side of the road do you travel on when riding a bicycle?
- What do you do at an intersection?
- What do you do at a traffic light or stop sign?
- What is the proper procedure when on a sidewalk or crosswalk?
- What are the hand signals for making RIGHT / LEFT turns and stopping?

A Safe Bicycle

Learn the parts of the bicycle, how they work and general maintenance, such as how to inflate a tire, change a tire, oil or tighten your chain, etc. Learn how a safe bicycle should be equipped, such as hand brakes and/or coaster brakes, handle grips, reflectors/lights, chain guard, pedals, horn/bell, etc. Learn how to tell if a bicycle is the right size for you.

Prepare a Kit

Find out what items you may want to take with you when bicycling, such as a water bottle, tire pump, air gauge, first aid kit, lock or a tire patch kit. Prepare a kit to carry with you while cycling, or for the leader to carry if you are cycling in a group.

Connect:

Helmets

Find out the laws in your state regarding bicycle helmets. Learn why it is important to wear a helmet and find out how to be sure it is the right fit for you. What other personal safety equipment can be used while bicycling?

Talk to the Expert

Invite an avid cyclist to your troop meeting, visit a bicycle shop or meet with a local cycling club to find out about the health benefits of cycling and ways cyclists prepare themselves physically for long and short rides. Find out what kinds of events cyclists can participate in.

It's Official

Meet with a police officer or other official who can go over the rules of the road as they relate to bicycle riding, as well as regulations in your community regarding helmets, licensing, etc.

Take Action: Complete one of the following projects, or design your own Take Action project based on the things you learned while earning this badge.

Bicycle Inspection

Prepare an inspection checklist for your bicycle and be sure everything is in good working order. If anything is broken, missing, loose, etc., arrange to have it repaired or replaced. Help at least 3 others by inspecting their bicycles and offering suggestions.

Bicycle Safety Course

Design and set up a bicycle safety course and test at least 3 other people on your course. Have games to see who can ride around the course the safest. You can use orange cones, flags or other markers and set up in a safe parking lot. Post rules for your course and be sure everyone understands them before they begin. Don't forget to teach hand signals!

Adventure Out!

Take an active role in planning a bicycle outing with your group. Be sure to take into account all of the things you have learned while earning this badge. Go for a ride on your nearest bicycle path, at a local park or someplace else away from traffic. Don't forget to wear a helmet!

"Nothing compares to the simple pleasure of a bike ride". ~John F. Kennedy

Resources:

Bicycle specialty shops (not department store)

Local Bike Clubs (bike shops can help with this)

Mass Highway Dept and www.mass.gov: for information on Massachusetts bicycle laws.

Local Police Department: Some municipalities have bike ordinances of which you should be aware.

Books:

Street Smarts by John Allen

Effective Cycling by John Forester

Websites:

<http://www.massbike.org>

http://www.massgeneral.org/children/adolescenthealth/articles/aa_bicycle_safety.aspx

<http://kenkifer.com/bikepages/index.htm>

<http://www.cpsc.gov/cpsc/pub/pubs/341.pdf>

http://www.mcgruff.org/Advice/riding_right.php

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