

Bicycling Try-It For Girl Scout Brownies

Purpose: This Try-It was created to promote bicycle safety and physical fitness.

To earn this Try-It, complete the Discover section, plus one activity from Connect, and one Take Action project.



Discover:

Rules of the Road

Following the rules, laws and etiquette of the roads 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?

Connect:

A Safe Bicycle ... a Safe You!

Invite an avid cyclist to your troop meeting, visit a bicycle shop or meet with a local cycling club to find out how a safe bicycle should be equipped. Learn how to tell if a bicycle is the right size for you. 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

Talk to an experienced cyclist and find out about the health benefits of cycling and some warm-up exercises cyclists use to prepare themselves for riding.

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 other 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.

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!

Bicycle Inspection

Prepare an inspection checklist for your bicycle to make sure everything is in good working order. Ask an adult to help you arrange for any repairs it might need. Conduct an inspection on a friend's or family member's bicycle as well and make recommendations as to what might need to be repaired or replaced.

Bicycle Safety Course

Ride a bicycle safety course or participate in a bicycle safety event. There may be games to see who can ride around the course the safest, complete with cones, markers and obstacles for you to ride around. Be sure to use your hand signals and ride safely!

"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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