



# Cyclist II

Originated in: GC

## Requirements

1. Earn the Road Safety Award.
2. Demonstrate:
  - a. How to keep the bike clean
  - b. How to safely ride the bike
  - c. Use turn signals while riding
  - d. How to take care of the bike
3. Participate in a bike activity.
4. Do a five-mile bike ride.
5. Make a map of where you went.
6. With your family, use your map to retrace your route.

## Supporting Answers

1. Helps for number 2:
  - a. Clean and polish the bikes, then decorate them and have an inspection.
  - b. Set up a barrel race to practice.
  - c. During the above race, use hand singles.
  - d. Have small groups act out good and bad ways of caring for a bike. Have them wear plastic garbage bags and oil the chain.
2. Helps for number 3:

Hold a Bicycle Derby Day:

  - a. Bike inspection by the police or fireman
  - b. Have a “pit” area for preparing bikes for inspection.
  - c. Plan a parade for decorated bikes. Give a prize.
  - d. Play games using the bike: Fast race, slow race, relay race, paper boy throw, obstacle race, etc.
3. Plan a five-mile bike hike. Decorate your bike, then go to a park with paved trails. After the ride, have a picnic or go swimming. Have a special reward for those who successfully complete the hike.
4. Map-making is fun. Keep it simple. Use pencils and rulers.

Updated in: 1996 / Grade 3