



Scoutmaster Bucky CYCLING Merit Badge Workbook

www.ScoutmasterBucky.com

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</i> – 2018 Edition</p> <p style="text-align: center;">Visit www.ScoutmasterBucky.com for more information.</p>	
REQUIREMENT 1A:	EXPLAIN TO YOUR COUNSELOR THE MOST LIKELY HAZARDS YOU MAY ENCOUNTER WHILE PARTICIPATING IN CYCLING ACTIVITIES AND WHAT YOU SHOULD DO TO ANTICIPATE, HELP PREVENT, MITIGATE, AND RESPOND TO THESE HAZARDS.



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REQUIREMENT 1C:

SHOW THAT YOU KNOW FIRST AID FOR INJURIES OR ILLNESSES THAT COULD OCCUR WHILE CYCLING, INCLUDING CUTS, SCRATCHES, BLISTERS, SUNBURN, HEAT EXHAUSTION, HEATSTROKE, HYPOTHERMIA, FROSTBITE, DEHYDRATION, INSECT STINGS, TICK BITES, AND SNAKEBITE.

Cuts:

Scratches:

Blisters:



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Sunburn:

Heat Exhaustion:

Heatstroke:

Hypothermia:



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Frostbite:

Dehydration:

Insect Stings:

Tick Bites:



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Snakebite:

REQUIREMENT 1B:

EXPLAIN TO YOUR COUNSELOR WHY YOU SHOULD BE ABLE TO IDENTIFY THE POISONOUS PLANTS AND POISONOUS ANIMALS THAT ARE FOUND IN YOUR AREA.



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REQUIREMENT 1C:

EXPLAIN THE IMPORTANCE OF WEARING A PROPERLY SIZED AND FITTED HELMET WHILE CYCLING.

REQUIREMENT 1C:

EXPLAIN THE IMPORTANCE OF WEARING THE RIGHT CLOTHING FOR THE WEATHER.



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REQUIREMENT 1C: KNOW THE BSA BIKE SAFETY GUIDELINES.

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

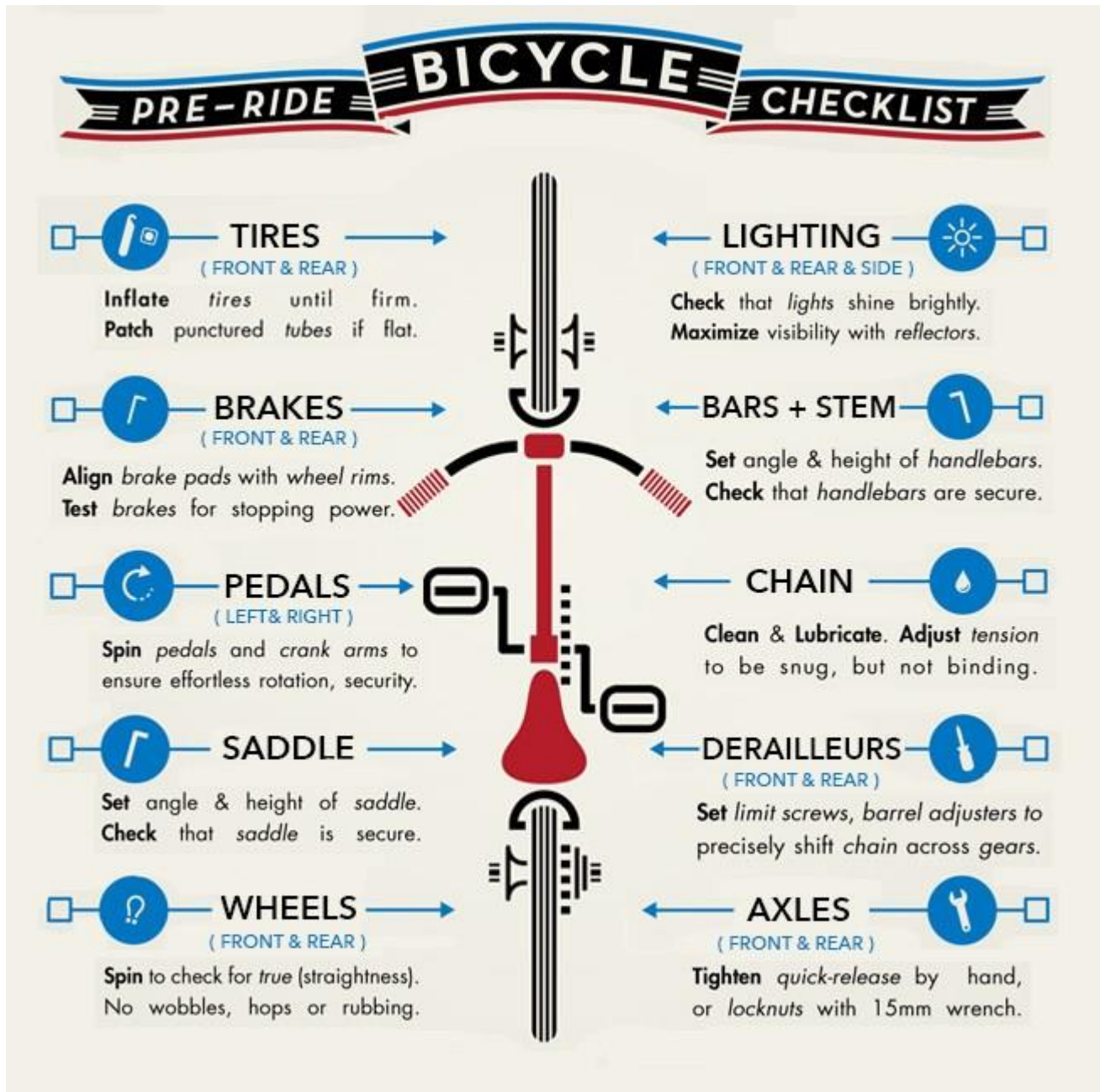


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REQUIREMENT 2: CLEAN AND ADJUST A BICYCLE. PREPARE IT FOR INSPECTION USING A BICYCLE SAFETY CHECKLIST. BE SURE THE BICYCLE MEETS LOCAL LAWS.

This requirement does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.





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

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

REQUIREMENT 3A: SHOW ALL POINTS THAT NEED REGULAR LUBRICATION.

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

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

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

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

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

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



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REQUIREMENT 5:

SHOW HOW TO REPAIR A FLAT BY REMOVING THE TIRE, REPLACING OR PATCHING THE TUBE, AND REMOUNTING THE TIRE.

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

REQUIREMENT 6:

DESCRIBE YOUR STATE AND LOCAL TRAFFIC LAWS FOR BICYCLES. COMPARE THEM WITH MOTOR-VEHICLE LAWS.

State Bicycle Traffic Laws:

State Motor-Vehicle Laws relative to State Bicycle Laws:



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COMPLETE ONE OF THE FOLLOWING OPTIONS FOR REQUIREMENT 7

REQUIREMENT 7:

USING THE BSA BUDDY SYSTEM, COMPLETE ALL OF THE REQUIREMENTS FOR ONE OF THE FOLLOWING OPTIONS: ROAD BIKING OR MOUNTAIN BIKING. THE BICYCLE USED FOR FULFILLING THESE REQUIREMENTS MUST HAVE ALL REQUIRED SAFETY FEATURES AND MUST BE REGISTERED AS REQUIRED BY YOUR LOCAL TRAFFIC LAWS.

ROAD BIKING OPTION

ROAD BIKING OPTION TAKE A ROAD TEST WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING:

REQUIREMENT 7A:

1. PROPERLY MOUNT, PEDAL, AND BRAKE, INCLUDING EMERGENCY STOPS
2. 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.
3. PROPERLY EXECUTE A RIGHT TURN.
4. DEMONSTRATE APPROPRIATE ACTIONS AT A RIGHT-TURN-ONLY LANE WHEN YOU ARE CONTINUING STRAIGHT
5. SHOW PROPER CURBSIDE AND ROAD-EDGE RIDING. SHOW HOW TO RIDE SAFELY ALONG A ROW OF PARKED CARS
6. CROSS RAILROAD TRACKS PROPERLY

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.



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**ROAD BIKING OPTION
REQUIREMENT 7B:**

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 FOR THE ROUTES TRAVELED, AND INTERESTING THINGS SEEN.

10 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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10 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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15 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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15 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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25 Mile Bicycle Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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25 Mile Bicycle Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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DO ONE OF THE FOLLOWING (7C1 OR 7C2) FOR REQUIREMENT 7C

ROAD BIKING OPTION AFTER COMPLETING REQUIREMENT B FOR THE ROAD BIKING OPTION, DO ONE OF
REQUIREMENT 7C: THE FOLLOWING:

ROAD BIKING OPTION LAY OUT ON A ROAD MAP A 50-MILE TRIP. STAY AWAY FROM MAIN HIGHWAYS.
REQUIREMENT 7C1: USING YOUR MAP, MAKE THIS RIDE IN EIGHT HOURS.

Notes:



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**ROAD BIKING OPTION
REQUIREMENT 7C2:**

PARTICIPATE IN AN ORGANIZED BIKE TOUR OF AT LEAST 50 MILES. MAKE THIS RIDE IN EIGHT HOURS. AFTERWARD, USE THE TOURS CUE SHEET TO MAKE A MAP OF THE RIDE.

Notes:



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MOUNTAIN BIKING OPTION

MOUNTAIN BIKING OPTION REQUIREMENT 7A: TAKE A TRAIL RIDE WITH YOUR COUNSELOR AND DEMONSTRATE THE FOLLOWING:

1. PROPERLY MOUNT, PEDAL, AND BRAKE, INCLUDING EMERGENCY STOPS
2. SHOW SHIFTING SKILLS AS APPLICABLE TO CLIMBS AND OBSTACLES
3. SHOW PROPER TRAIL ETIQUETTE TO HIKERS AND OTHER CYCLISTS, INCLUDING WHEN TO YIELD THE RIGHT-OF-WAY
4. SHOW PROPER TECHNIQUE FOR RIDING UP AND DOWN HILLS
5. DEMONSTRATE HOW TO CORRECTLY CROSS AN OBSTACLE BY EITHER GOING OVER THE OBSTACLE ON YOUR BIKE OR DISMOUNTING YOUR BIKE AND CROSSING OVER OR AROUND THE OBSTACLE
6. CROSS ROCKS, GRAVEL, AND ROOTS PROPERLY

This requirement component does not require any workbook entry.
This is a demonstration item that you will need to perform with your bicycle and merit badge counselor.

MOUNTAIN BIKING OPTION REQUIREMENT 7B: DESCRIBE THE RULES OF TRAIL RIDING, INCLUDING HOW TO KNOW WHEN A TRAIL IS UNSUITABLE FOR RIDING.



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**MOUNTAIN BIKING OPTION
REQUIREMENT 7C:**

ON TRAILS APPROVED BY YOUR COUNSELOR, TAKE TWO RIDES OF 2 MILES EACH, TWO RIDES OF 5 MILES EACH, AND TWO RIDES OF 8 MILES EACH. YOU MUST MAKE A REPORT OF THE RIDES TAKEN. LIST DATES FOR THE ROUTES TRAVELED, AND INTERESTING THINGS SEEN.

2 Mile Trail Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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2 Mile Trail Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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5 Mile Trail Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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5 Mile Trail Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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8 Mile Trail Ride #1:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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8 Mile Trail Ride #2:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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MOUNTAIN BIKING OPTION REQUIREMENT 7D:

AFTER FULFILLING THE PREVIOUS REQUIREMENT, LAY OUT ON A TRAIL MAP A 22-MILE TRIP. YOU MAY INCLUDE MULTIPLE TRAIL SYSTEMS, IF NEEDED. STAY AWAY FROM MAIN HIGHWAYS. USING YOUR MAP, MAKE THIS RIDE IN SIX HOURS.

Notes: