



2024 Edition

# SCOUTMASTER BUCKY

## Cycling Merit Badge

SCOUTS PARTICIPATING IN A SCOUTMASTER BUCKY MERIT BADGE OPPORTUNITY (ONLINE OR IN PERSON), PLEASE CONSIDER ALSO USING THE CYCLING MERIT BADGE CLASS PREPARATION PAGE FOR CLARIFICATIONS, INSIGHTS, AND EXPECTATIONS.

<https://scoutmasterbucky.com/merit-badges/cycling/cycling-cpp.pdf>

### CYCLING MERIT BADGE WORKBOOK

**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.

HAZARD #1

**Description:**

**Anticipate:**

**Help Prevent:**

**Mitigate:**

**Respond:**



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

**Description:**

**Anticipate:**

**Help Prevent:**

**Mitigate:**

**Respond:**



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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**REQUIREMENT 1a:** Explain to your counselor how to ride predictably, be conspicuous, think ahead, and ride ready.

How to ride predictably:

How to be conspicuous:

How to think ahead:

How to ride ready:



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**REQUIREMENT 1b:** 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:**

**Sunburn:**





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Heat Exhaustion:

Heatstroke:

Hypothermia:

Frostbite:



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Dehydration:

Insect Stings:

Tick Bites:

Snakebite:



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**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.

Notes:

**REQUIREMENT 2:** Describe your state and local laws concerning bicycles.

Notes:

**REQUIREMENT 2:** Discuss what is the same and what is different from laws applying to motor vehicles.

Notes:



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**REQUIREMENT 2:** Explain where and how you should ride on roads and streets to include lane position, changing lanes, making left and right turns, and riding through intersections.

**Lane Position:**

**Changing Lanes:**

**Making Left / Right Turns:**

**Riding Through Intersections:**

**Notes:**



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**REQUIREMENT 3:** Explain the importance of wearing a properly sized and fitted helmet while cycling.

Notes:

**REQUIREMENT 3:** Explain the importance of wearing the right clothing for the weather.

Notes:

**REQUIREMENT 3:** Know the BSA Bike Safety Guidelines.

### ***BSA BIKE SAFETY GUIDELINES***

- **Wear a properly fitted helmet.** Protect your brain; save your life! Bicycle helmets can reduce head injuries by 85 percent, according to the National Highway Traffic Safety Administration (NHTSA).
- **Adjust your bicycle to fit.** Make sure you can stand over the top tube of your bicycle.
- **Assure bicycle readiness.** Make sure all parts are secure and working well. Assure that tires are fully inflated, and brakes are working properly.
- **See and be seen.** Wear clothing that makes you more visible, such as bright neon or fluorescent colors. Wear reflective clothing or tape. Avoid riding at night.
- **Watch for and avoid road hazards.** Stay alert at all times. Be on the lookout for hazards, such as potholes, broken glass, gravel, puddles, leaves, animals, or anything that could cause you to crash. If you are riding with friends and you are in the lead, call out and point to the hazard to alert the riders behind you.
- **Follow the rules of the road.** Check and obey all local traffic laws. Always ride on the right side of the road in the same direction as other vehicles. Go with the flow—not against it! Yield to traffic and watch for parked cars.

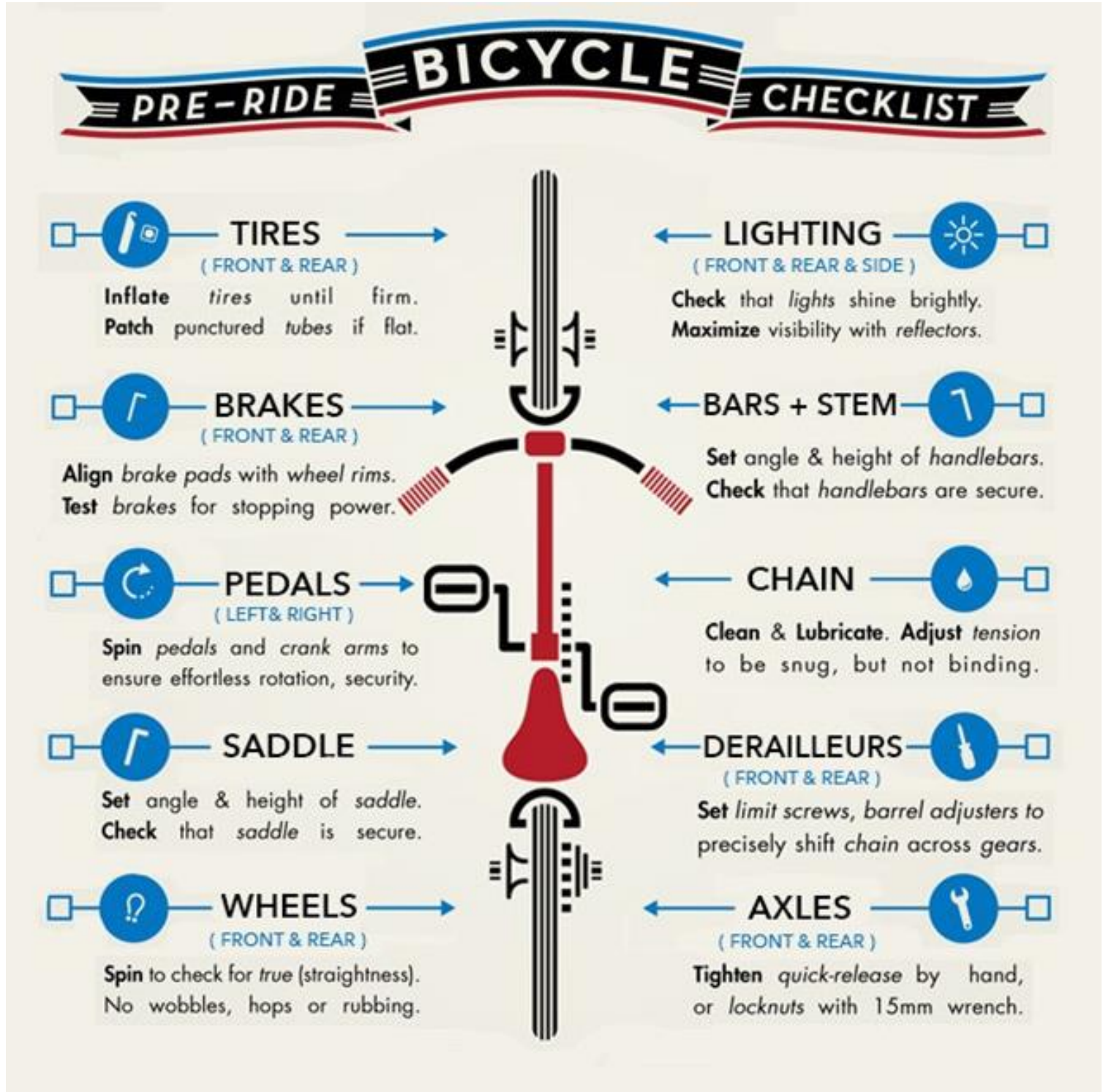


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**REQUIREMENT 4:** Using a bicycle safety checklist, clean and adjust a bicycle and present it to your counselor for inspection.







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<b>REQUIREMENT 4:</b>	Present your bicycle to your counselor for inspection.
<b>REQUIREMENT 4a:</b>	Show points that should be checked regularly to make sure the bicycle is safe to ride.
<b>REQUIREMENT 4b:</b>	Show how to adjust the saddle and handlebars for a proper fit.
<b>REQUIREMENT 4c:</b>	Show how to adjust brakes and gear shifting (derailleurs).
<b>REQUIREMENT 4d:</b>	Show all points that need regular lubrication.
<b>REQUIREMENT 4e:</b>	Show how to repair a flat by removing the tire, replacing, or patching the tube, and remounting the tire.
<b>REQUIREMENT 4f:</b>	Show that the bicycle meets local laws.

All of the components for Requirement 4 must be shown to the merit badge counselor.

This requirement must be reviewed with your merit badge counselor.

**BE PREPARED!**

<b>REQUIREMENT 5:</b>	Demonstrate basic bicycle handling skills to your counselor, to include how to properly mount your bicycle, starting and stopping (to include emergency stops), riding in a straight line, turning, shifting gears, scanning, and signaling.
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This requirement must be reviewed with your merit badge counselor.





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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.*

### OPTION A: ROAD BIKING

**ROAD BIKING OPTION REQUIREMENT 6a:**

Take a road test with your counselor and demonstrate the following:

1. 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.
2. Properly execute a right turn.
3. Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight.
4. Show proper curbside and road-edge riding. Show how to ride safely along a row of parked cars.
5. Cross railroad tracks properly.

This requirement component must be reviewed with your merit badge counselor.







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**ROAD OPTION REQUIREMENT 6b:** **BIKING** 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 on the ride.

10 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 10 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 15 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 15 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 25 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 25 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

**AFTER COMPLETING REQUIREMENT B FOR THE ROAD BIKING OPTION, DO ONE OF THE FOLLOWING (6C1 or 6C2) FOR REQUIREMENT 6C**

**ROAD OPTION REQUIREMENT 6c1:** **BIKING** Lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in eight hours or less.

**ROAD OPTION REQUIREMENT 6c2:** **BIKING** Participate in an organized bike tour of at least 50 miles. Make this ride in eight hours. Afterward, use the tour's cue sheet to make a map of the ride.

This requirement component must be reviewed with your merit badge counselor.



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### OPTION B: MOUNTAIN BIKING

#### OPTION B: MOUNTAIN BIKING

##### MOUNTAIN BIKING OPTION REQUIREMENT 6a:

Demonstrate the following mountain bike handling skills to your counselor:

1. Neutral position, ready position, bike body separation (side to side, and forward and back), and body positioning for cornering.
2. Show shifting skills as applicable to climbs and obstacles.
3. Show proper technique for riding up (seated, crouched, and standing) and down hills.

This requirement component must be reviewed with your merit badge counselor.

##### MOUNTAIN BIKING OPTION REQUIREMENT 6b:

Take a trail ride with your counselor and demonstrate the following:

1. Show proper trail etiquette to hikers and other cyclists, including when to yield the right-of-way.
2. 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.
3. Cross rocks, gravel, and roots properly

This requirement component must be reviewed with your merit badge counselor.

##### MOUNTAIN BIKING OPTION REQUIREMENT 6c:

Describe the rules of trail riding, including how to know when a trail is unsuitable for riding.

Notes:



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**MOUNTAIN BIKING OPTION  
REQUIREMENT 6d:**

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 BIKE RIDE #1:**

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:





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### 2 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 5 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 5 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 8 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:



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### 8 MILE BIKE RIDE #2:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Traveled:

Interesting things seen on ride:

**MOUNTAIN BIKING OPTION REQUIREMENT 6e:** 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.

This requirement component must be reviewed with your merit badge counselor.