

CYCLING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Cycling merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

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

Scout's
Name:

REQUIREMENT 1: Do the following:

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

Most likely hazards

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

Ride predictably

Be conspicuous

Think ahead

Ride ready

REQUIREMENT 1 B: 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. Explain to your counselor why you should be able to identify the poisonous plants and poisonous animals that are found in your area.

Cuts

Scratches

Blisters

Sunburn

Heat exhaustion

Heatstroke

Hypothermia

Frostbite

Dehydration

Insect stings

Tick bites

Snakebite

Why you should be able to identify the poisonous plants and poisonous animals that are found in your area

REQUIREMENT 2: Describe your state and local laws concerning bicycles. Discuss what is the same and what is different from laws applying to motor vehicles. 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.

State and local laws

What is the same and what is different from laws applying to motor vehicles

Where and how you should ride on roads and streets

REQUIREMENT 3: Explain the importance of wearing a properly sized and fitted helmet while cycling, and of wearing the right clothing for the weather. Know the BSA Bike Safety Guidelines.

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

REQUIREMENT 4 A: Show points that should be checked regularly to make sure the bicycle is safe to ride.

Completed

REQUIREMENT 4 B: Show how to adjust the saddle and handlebars for a proper fit.

Completed

REQUIREMENT 4 C: Show how to adjust brakes and gear shifting (derailleurs).

Completed

REQUIREMENT 4 D: Show all points that need regular lubrication

Completed

REQUIREMENT 4 E: Show how to repair a flat by removing the tire, replacing or patching the tube, and remounting the tire.

Completed

REQUIREMENT 4 F: Show that the bicycle meets local laws.

Completed

REQUIREMENT 5: 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.

Completed

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.

Option A: Road Biking

REQUIREMENT 7 A: Take a road test with your counselor and demonstrate the following:

REQUIREMENT 7 A 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.

Completed

REQUIREMENT 7 A 2: Properly execute a right turn.

Completed

REQUIREMENT 7 A 3: Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight.

Completed

REQUIREMENT 7 A 4: Show proper curbside and road-edge riding. Show how to ride safely along a row of parked cars.

Completed

REQUIREMENT 7 A 5: Cross railroad tracks properly.

Completed

REQUIREMENT 7 B: 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.

Date	Distance

Notes and interesting things seen

Date	Distance

Notes and interesting things seen

Date	Distance

Notes and interesting things seen

Date	Distance

Notes and interesting things seen

Date	Distance

Notes and interesting things seen

Date	Distance

Notes and interesting things seen

REQUIREMENT 7 C: After completing requirement b for the road biking option, do ONE of the following:

REQUIREMENT 7 C 1: 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.

Completed

REQUIREMENT 7 C 2: 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.

Completed

Option B: Mountain Biking

REQUIREMENT 7 A: Demonstrate the following mountain bike handling skills to your counselor:

REQUIREMENT 7 A 1: Neutral position, ready position, bike body separation (side to side, and forward and back), and body positioning for cornering.

Completed

REQUIREMENT 7 A 2: Show shifting skills as applicable to climbs and obstacles.

Completed

REQUIREMENT 7 A 3: Show proper technique for riding up (seated, crouched, and standing) and down hills.

Completed

REQUIREMENT 7 B: Take a trail ride with your counselor and demonstrate the following:

REQUIREMENT 7 B 1: Show proper trail etiquette to hikers and other cyclists, including when to yield the right-of-way.

Completed

Notes and interesting things seen

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Date	Distance
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Notes and interesting things seen

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Date	Distance
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Notes and interesting things seen

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Date	Distance
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Notes and interesting things seen

Date

Distance

Notes and interesting things seen

REQUIREMENT 7 D: 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.

Completed