

Requirements Checklist

Den	Elective	Requirement	Activity	Supplies	Worksheet	Extras	Completed at Pack Rodeo	
Lion	On A Roll	1 - Learn about the safety gear you should use while riding a bicycle	Checking My Gear Before I Ride	Bike	National Highway Traffic Safety Administration Helmet Fitting Works	Don't forget a safety moment about biking	Yes	
		Demonstrate how to wear a helmet		Helmet				
				Other Safety Bike Gear				
		2 - Learn the safety rules to follow when riding a bicycle	Cut and Paste Bike Rules	Crayons	Lion Handbook pg 51		No	
		Complete pg 51 activity		Scissors				
				Glue Sticks				
		3- Learn about the safety gear you should use while riding a bicycle	Let's Roll Lions	Six Essentials	ABC Quick Check		No	
		Conduct a bike ride		Bike				
				Helmet				
	Safety Gear							
	Activity Consent Form							
	ABCs Quick Check							
Tiger	Rolling Tigers	1 - Learn the ABC's of bike gear (air, brakes, chain)	The ABC's of My Bike	Tiger Handbook	ABC Quick Check		Yes	
		Go through the ABCs of bike gear		Pencils				Tiger Handbook pg 47
		Check bikes		Bike				
		Check air in tires, fill if needed		Air Pump				
		Check brakes		Tire Pressure Guages				
		Check chains		Flathead screwdriver				
		Do activity on pg 47		Phillips head screwdriver				
				Variety of Allen wrenches				
				Bike Chain Lubrication				
		2 - Learn about safety gear you should use while riding a bicycle	Check My Bike Gear	Bike	National Highway Traffic Safety Administration Helmet Fitting Worksheet		Yes	
				Helmet				
				Safety Gear				
		3 - Learn the safety rules to follow when riding a bicycle	When to Walk and When To Ride	Tiger Handbook	Tiger Handbook pg 48		No	
		Complete pg 48		Pencils				
		4 - Demonstrate proper hand signals	Simon Says - Turn Left, Turn Right	Signal Page	Bike Hand Signal Page		Yes	
		5 - Ride a bike or learn how to ride a bike	I Want To Ride My Bicycle!	Six Essentials			No	
		Conduct a bike ride		Bike				
	Helmet							
	Other Safety Bike Gear							
		Activity Consent Form						

Wolf	Pedal With the Pack	1 - Show how to properly wear a bicycle helmet. Show you can take off and put on without help	Helmet Fitting	Helmet	National Highway Traffic Safety Administration Helmet Fitting Worksheet		Yes
		2 - Decide what you should wear when riding a bike	Gear Check	Scissors	Bike Gear Worksheet		Yes
		Do bike gear worksheet		Glue Sticks			
				Bike Gear Worksheet			
				Printer			
		3 - Learn about different types of bikes and when/where you might ride these different types	Types of Bikes	Types of Bikes Worksheet	Types of Bikes Worksheet		Yes
		Fill out types of bikes worksheet		Printer			
				Pencils			
		4 - Demonstrate you can start and stop your bicycle without help.	Red Light, Green Light	Helmet			No
		Play red light, green light with start and stop of bikes		Closed toe shoes			
				Activity Consent Forms			
				Bike			
		5 - Demonstrate proper hand signals	Show Me a Sign	Helmet			Will do hand signal lesson, but not the practical portion
		Practice right turn, left turn, stop hand signs		Closed toe shoes			
		Ride practicing learned hand signs		Activity Consent Forms			
				Bike			
		6 - With your den, pack, or family, follow the buddy system and take a bike ride	Let's Go Ride A Bike	Helmet			No
		Make sure scouts stay with buddy on bike ride		Closed toe shoes			
	Activity Consent Forms						
		Bike					

Bear	Bears On Bikes	1 - Show how to properly wear a bicycle helmet. - Do helmet relay (divide in 2 teams)	Helmet Relay	Helmet	National Highway Traffic Safety Administration Helmet Fitting Worksheet		Yes
		2 - Decide what you should wear when riding a bike	Dress The Cub Scout	Chalk		Will do the worksheet instead of bringing in extra clothing	Yes
		Dress the Cub Scout in appropriate clothing for riding a bike.		Various pieces of appropriate and inappropriate clothing for bike riding			
				Orange Safety Cones			
		3 - Demonstrate proper hand signals Demonstrate hand singals	Left Turn, Right Turn	Orange Safety Cones		Will do hand signal game	Yes
		4 - Demonstrate how to adjust saddle height. Explain how to know if your bike height is at the right height Use EDGE Method: Explain how to adjust the seat: "You pull the lever under the seat away from the bar, and it should loosen."; Demonstrate how to adjust the seat; Guide each scout on how to do it on their own with assistance; enable them to take a turn adjusting their own Have each scout adjust the seat of the bike so that is proper for them	Saddle Up	Bike with Adjustable Seat			Yes, but not their own seat
		5 - Demonstrate how to operate brakes Review bicycle helmet safety and have scouts put on helmets Have line up and start on start line, say "go" and they begin pedaling toward finish line, when say "stop" they will stop. Make sure they use hand signals.	Brake Test	Bike Helmet Orange Safety Cones			No
		6 - Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike Demonstrate how to check the tire pressure and compare it to what the pressure should be Demonstrate how to pump the tire up to the proper pressure Release the pressure in the tire and allow each Cub Scout to check the pressure and pumpair into the tire to reach the desired PSI	Pump It Up	Bike Tire Pump Tire Pressure Guages Bike			Yes
		7 - Go on a 30-minute bike ride Have a buddy Explain route Go on a 30-minute bike ride	30-minute Bike Ride	Helmet Bike Six Essentials Activity Consent Form			No

Webelos	Pedal Away	1 - Decide on gear and supplies you should bring for a long bike ride	All We Need	All That We Need Crossword	All that we need crossword	Gear will be reviewed. No to the crossword	
		Do crossword		Printer			
		Go over why we need air pump, tire repair kit, gloves, types of shoes to wear and anything else to bring		Pencils			
		2 - Discover how multi-gear bicycles work and how they benefit a rider	Webelos Gear Guidance	One multi-gear bike			Yes
		Explain gears and uphill and downhill					
		Point out rear cassette, gear shift and how gears change when pedals move					
		3 - Practice how to lubricate a chain	Webelos Chain Maintenance	Bike			No
		Lubricate chain on bike		Chain Degreaser			
				Chain lubricant			
				Rubber gloves			
				Bucket with warm soapy water			
				Old toothbrush			
			Clean dry rag				
		4 - Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle.	Webelos Lock It Up	Chain lock			No
		Time lock groups for opening and rotate through 3 locks		Cable Lock			
				D-Lock			
				Bike			
			Paper and pencil to keep track of times				
5 - With your family, den, or pack, use a map and plan a bicycle ride that is at least 5 miles.	Webelos Map The Ride	Map of local bike paths			No		
Together plan where they will go on their 5 mile bike ride and answer the questions proposed							
6 - With your den, pack or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles.	Webelos Bike Ride	Bike			No		
		Helmet					
		Six Essentials					
		Closed toe shoes					
		Portable air pump					
		Group first aid kit					
		Tire repair kit					
		Map of route					
		Health Forms					
	Activity Consent Form						

AOL	Cycling	1- Decide on gear and supplies you should bring for a long bike ride. Determine how to safely carry the gear.	AOL Bike Gear Check	Helmet			Yes, will do this during the rodeo, might need to go a little further in depth.
				Gloves			
				Closed toe shoes			
				Bicycle Pump			
				Tire Patches or new tube			
				Scout essentials			
				Group first aid kit			
				Backpack			
			Bike lock				
		2 - Discover how multi-gear bicycles work and their benefit.	AOL Gear Guidance	One multi-gear bike			Yes
3 - Show how to lubricate a chain.	AOL Chain Maintenance	Bike			No		
		Chain Degreaser					
		Chain lubricant					
		Rubber gloves					
		Bucket with warm soapy water					
		Old toothbrush					
	Clean dry rag						
4 - Review different bicycle locks. Demonstrate the operation of locks and, how to secure your bicycle with a lock. Time lock groups for opening and rotate through 3 locks	AOL Lock It Up	Two chain locks			No		
		Two cable locks					
		Two D-locks					
		Two bikes					
		Two timers					
	Paper and pencil to keep track of times						
5 - Repair a flat tire. Demonstrate how to change a flat tire. Have scouts repair a flat tire	AOL Fix Your Flat	Bike tire and wheel			No		
		Spare bike tire tube with small holes, one for every two Scouts					
		Tire levers, enough to share					
		Bike pump, enough to share					
		Tire Patch kit					
	Set of gloves						
6 - With your patrol, pack or family, use a map and plan a bicycle ride that is at least 10 miles.	AOL Map	Map of local bike paths			No		
7 - With your patrol, pack or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles.	10 Mile Bike Ride	Bike			No		
		Helmet					
		Six Essentials					
		Closed toe shoes					
		Portable air pump					
		Group first aid kit					
		Tire repair kit					
		Map of route					
		Health Forms					
		Activity Consent Form					