



SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Cycling merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

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

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

REQUIREMENT 6 OPTION B (Mountain Biking) REQUIRES COUNSELOR APPROVAL.

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:



SCOUTMASTER BUCKY

HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

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

Ride Predictably:

Be Conspicuous:

Think Ahead:

Ride Ready:



SCOUTMASTER BUCKY

REQUIREMENT 1b: Show that you know first aid for injuries or illnesses that could occur while cycling, including cuts, scratches, concussions, blisters, sunburn, heat exhaustion, heatstroke, hypothermia, frostbite, dehydration, insect stings, tick bites, and snakebite.

CUTS:

Prevention:

Symptoms:

Treatment:

SCRATCHES:

Prevention:

Symptoms:

Treatment:



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CONCUSSIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

SUNBURN:

Prevention:

Symptoms:

Treatment:

HEAT EXHAUSTION:

Prevention:

Symptoms:

Treatment:



HEATSTROKE:

Prevention:

Symptoms:

Treatment:

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:



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FROSTBITE:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



INSECT STINGS:

Prevention:

Symptoms:

Treatment:

TICK BITES:

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

SNAKEBITE:

Prevention:

Symptoms:

Treatment:

Notes:

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:



SCOUTMASTER BUCKY

REQUIREMENT 1c: Explain the importance of wearing the right clothing and gear while cycling.

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

Notes:

REQUIREMENT 1c: Explain the importance of wearing a properly sized and fitted helmet.

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

Notes:

REQUIREMENT 1c: Know the Scouting America Bike Safety Guidelines.

REQUIREMENT 3: Know the Scouting America Bike Safety Guidelines.

SCOUTING AMERICA 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.



SCOUTMASTER BUCKY

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.

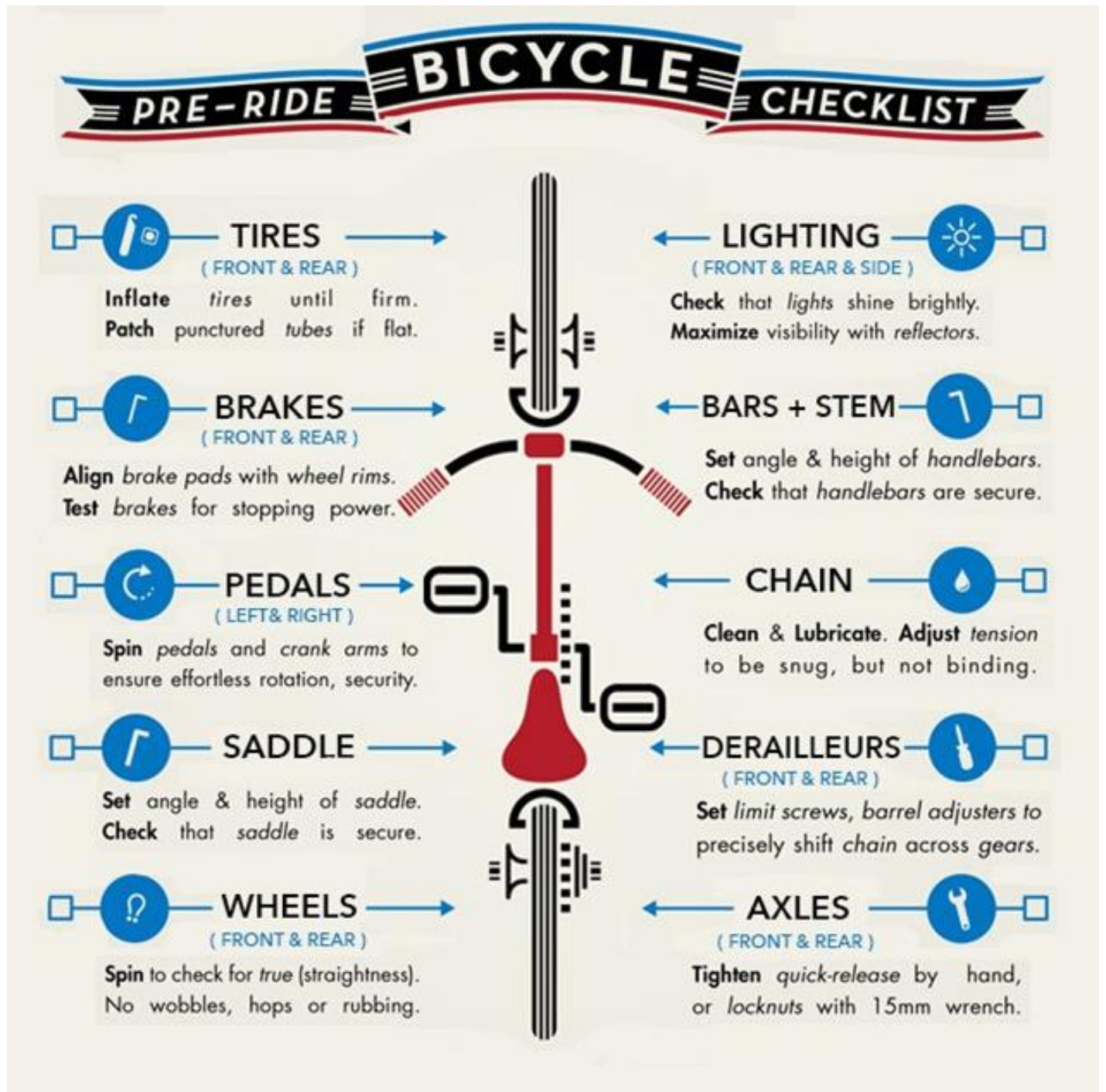
Notes:

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.

Notes:



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





REQUIREMENT 4:	Present your bicycle to your counselor for inspection.
REQUIREMENT 4a:	Show points that should be checked regularly to make sure the bicycle is safe to ride.
REQUIREMENT 4b:	Show how to adjust the saddle and handlebars for a proper fit.
REQUIREMENT 4c:	Show how to adjust brakes and gear shifting (derailleurs).
REQUIREMENT 4d:	Show all points that need regular lubrication.
REQUIREMENT 4e:	Show how to repair a flat by removing the tire, replacing or patching the tube, and remounting the tire.
REQUIREMENT 4f:	Show that the bicycle meets local laws.
<p>Consider using the Cycling Merit Badge Pamphlet for preparation information for Requirement 4</p> <p>This requirement must be reviewed with your merit badge counselor.</p> <p>BE PREPARED!</p>	
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.
<p>Consider using the Cycling Merit Badge Pamphlet for preparation information for Requirement 5</p> <p>This requirement must be reviewed with your merit badge counselor.</p> <p>BE PREPARED!</p>	





USING THE SCOUTING AMERICA BUDDY SYSTEM, COMPLETE ALL OF THE REQUIREMENTS FOR ONE OF THE FOLLOWING OPTIONS: (OPTION A or OPTION B) FOR REQUIREMENT 6

OPTION A – ROAD BIKING

OPTION A
REQUIREMENT 6a:

Take a road safety 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.

Consider using the [Cycling Merit Badge Pamphlet](#) for preparation information for Requirement 5

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!





**OPTION A
REQUIREMENT 6b:**

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 Travelled:

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 Travelled:

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 Travelled:

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 Travelled:

Interesting things seen on Ride:



25 MILE BIKE RIDE #1:

Location / Route of Ride:

Date and Time (beginning and ending):

Route Travelled:

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 Travelled:

Interesting things seen on Ride:



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

**OPTION A
REQUIREMENT 6c1:** 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.

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

Consider using the [Cycling Merit Badge Pamphlet](#) for preparation information for Requirement 5

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:



OPTION B – TRAIL OR MIXED SURFACE BIKING

THESE REQUIREMENTS MAY BE COMPLETED USING A MOUNTAIN BIKE OR OTHER PROPERLY EQUIPPED, MANUALLY POWERED CYCLE SUCH AS A GRAVEL BIKE, TANDEM BIKE, HAND-POWERED BIKE, RECUMBENT BIKE, ADULT TRICYCLE, OR ADAPTIVE CYCLE. IF A TANDEM BIKE IS USED, THE SCOUT MUST ACTIVELY POWER THE CYCLE IN CONCERT WITH THE OTHER RIDER.

OPTION B 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

Consider using the [Cycling Merit Badge Pamphlet](#) for preparation information for Requirement 5
This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

OPTION B REQUIREMENT 6b: Take a trail safety test 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

Consider using the [Cycling Merit Badge Pamphlet](#) for preparation information for Requirement 5
This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

OPTION B REQUIREMENT 6c: Describe the rules of trail riding, including how to know when a trail is unsuitable for riding.

Notes:



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**OPTION B
REQUIREMENT 6d:**

On mountain biking or multi-use 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:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



SCOUTMASTER BUCKY

2 MILE BIKE RIDE #2:

Location / Route:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



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5 MILE BIKE RIDE #1:

Location / Route:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

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approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



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5 MILE BIKE RIDE #2:

Location / Route:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



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8 MILE BIKE RIDE #1:

Location / Route:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



8 MILE BIKE RIDE #2:

Location / Route:

COUNSELOR APPROVAL: IS REQUIRED FOR THIS TRAIL.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Date and Time (beginning and ending):

Route Travelled:

Interesting things seen on Ride:



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**OPTION B
REQUIREMENT 6:**

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, complete this ride in one day.

Consider using the [Cycling Merit Badge Pamphlet](#) for preparation information for Requirement 5
This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes: