

Cycling Merit Badge:

**Either this Merit Badge
or Swimming MB or Hiking MB
is Required to earn the Eagle Scout Rank**

Your Name: _____ Home Phone: _____

Date Starting This Merit Badge: _____

Counselor's Name: _____

How to Contact Your Counselor: _____

Note to the Scout and Merit Badge Counselor:

This set of worksheets is meant to facilitate earning this merit badge, but under no circumstances is it meant to be used in lieu of the appropriate BSA merit badge book.

Requirements revised on 01/01/98.

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

Date shown to counselor: _____

Signed off by: _____

2. Clean and adjust a bicycle. Prepare it for inspection using a bicycle safety checklist. Be sure the bicycle meets local laws.

Date verified to counselor: _____

Signed off by: _____

3. Show your bicycle to your counselor for inspection. Point out the adjustments or repairs you have made. Do the following:
 - a. Show all points that need oiling regularly.
 - b. Show the points that should be check regularly to make sure the bicycle is safe to ride.
 - c. Show how to adjust brakes, seat level and height, and steering post.

Date shown to counselor: _____

Signed off by: _____

4. Describe how to brake safely with foot brakes and with hand brakes.

Date verified to counselor: _____ Signed off by: _____

5. Show how to repair a flat. Use an old bicycle tire.

Date shown to counselor: _____ Signed off by: _____

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

- a. Proper mounting, pedaling, and braking including emergency stops.
- b. 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.
- c. Properly execute a right turn.
- d. Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight.
- e. Show proper curbside and road-edge riding. Show how to safely ride along a row of parked cars.
- f. Cross railroad tracks properly.

Date demonstrated to counselor: _____ Signed off by: _____

7. Describe your traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety code.

Date demonstrated to counselor: _____ Signed off by: _____

8. Avoiding main highways, take two rides of ten miles each, two rides of fifteen miles each, and two rides of twenty-five miles each. You must make a report of the rides taken. List dates, routes traveled, and interesting things seen.*

date:	routes traveled:	things seen::
10-mi.: _____	_____	_____
10-mi. _____	_____	_____
15-mi.: _____	_____	_____
15-mi.: _____	_____	_____
25-mi.: _____	_____	_____
25-mi.: _____	_____	_____

9. After fulfilling requirement 8, lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in 8 hours.

Map copy attached? _____ Date of 50-mile trip: _____

Signed off by: _____

* Bicycle must have all required safety features. It must be registered as required by your traffic laws.

Scouts should follow the Bike Safety guidelines in the Guide to Safe Scouting, when working on the Cycling Merit Badge. Those guidelines include the following statement:

All cyclists must wear a properly sized and fitted helmet approved by either the Snell Memorial Foundation or the American National Standards Institute (ANSI) standards.

BSA Advancement ID#: 39
 Pamphlet Revision Date: 1996
 Page updated on: May 03, 1999

In completing all requirements for this merit badge, I have completely read the appropriate BSA merit badge book, and discussed same with my counselor.

signed **date**

(Source: Courtesy USSSP Merit Badge Requirements, current as of the MB date on this document)