



### Rolling Tigers

#### Adventure Requirements

Complete requirements 1-3 plus at least two others.

1. With your parent, guardian, or other caring adult, try on safety gear you should use while riding a bike. Show how to wear a bicycle helmet properly.
2. With your den or with your parent, guardian, or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.
3. Learn and demonstrate proper hand signals.
4. With your parent, guardian, or other caring adult, do a safety check on your bicycle
5. With your den or family, go on a bicycle ride wearing your safety equipment. Follow the bicycling safety and traffic laws.
6. With your parent, guardian, or other caring adult, discuss two different types of bicycles and their uses.
7. Learn about a famous bicycle race or famous cyclist. Share what you learn.
8. Visit your local or state police department to learn about bicycle riding laws.
9. Identify two jobs that use bicycles and discuss how they are used.



#### *Parent Corner*

Most people love getting on a bicycle and going for a long ride. In this adventure, you will learn how to keep your bicycle in good working order and stay safe when you enjoy some fun rides with your family.



## RANK ADVENTURES



### Rolling Tigers

Requirement #1: Safety Gear

#### Materials Needed

- Bicycle Helmet
- Knee pads
- Elbow pads
- Reflective Clothing

#### Instructions

1. With your den or with your parent, guardian, or other caring adult, try on safety gear you would use while riding a bike. Show how to wear a bicycle helmet properly



A hard-shell helmet with a chin strap is your most important piece of bicycle safety gear! Always wear this kind of helmet when you go biking. It should fit snugly on your head, but not so tightly that it is uncomfortable. Make sure it fits so it can help protect your head if you fall off your bike. In most states, wearing a helmet is required.

Kneepads and elbow pads can save your skin from Scrapes if you fall off your bike on gravel, dirt, or pavement.



Reflective tape and light-colored clothing make it easier for people in cars to see you. Wear reflective tape on the front and back of your jacket, helmet, wheel spokes, and even your pant legs.



#### Pee Wee Says

*"Bicycle riding is something that almost all parents and caring adults would like to see children be able to do. However, it is not necessary for your family to own a bicycle and safety gear. Equipment can be borrowed."*



## Rolling Tigers

Requirement #2: Safety Tips

Materials Needed

### Instructions

1. With your den or with your parent, guardian, or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.



### Bike Safety Tips

1. Ride single-file and keep to the right.
2. Ride in a straight line,
3. Obey all traffic signs and signals
4. Stay alert and in control. Use your eyes and ears. Watch out for things that could make you lose control.
5. Do not ride at night
6. Ride on the sidewalk until you are 10 years old.
7. Stop at crosswalks and corners to look for cars. Also watch for cars in driveways. Make sure drivers see you before crossing.
8. Never enter a street between parked cars! No one can see you
9. If people are walking in front of you on a sidewalk, let them know you are going to pass them. Call out "Passing on your left" or use a bell or horn.
10. When you are old enough to ride on the road, learn the traffic and safety rules.



### Pee Wee Says

*"A Scout is Obedient. Staying safe on a bike is a big responsibility! Make sure you always follow your state's bicycling laws."*



## Rolling Tigers

Requirement #3: Hand Signals

Materials Needed

### Instructions

1. Learn and demonstrate proper hand signals

It is always important to use hand signals when you are riding your bicycle.

Learn the proper signals for turning right or left or stopping. Make sure you signal in plenty of time before you turn so people in cars know what you are going to do.



### Pee Wee Says

*"People riding bikes need to use hand signals to tell others what their plans are, just like drivers of cars need to use their turn signals and brake lights."*



## RANK ADVENTURES



### Rolling Tigers

Requirement #6: Different Types of Bikes

Materials Needed

#### Instructions

1. With your den or with your parent, guardian, or other caring adult, discuss two different types of bicycles and their uses.



#### ROAD BIKES

Road bikes are lightweight. These bikes are good for exercise, long distance rides, and racing. They have large, thin tires that are made for riding on roads.

Road bikes are built for speed. On a road bike you bend forward toward the handlebars so you can go fast. You can switch between gears to make it easier to pedal on a flat road, up a steep hill, or downhill.

#### MOUNTAIN BIKES

Mountain bikes have small chunky tires and small frames. They are best for riding on rocky or dirt trails or gravel roads. They have shock absorbers and brakes made to handle bumpy trails. Shock absorbers are used to reduce the jolts and bumps that your body feels on a rugged trail.

Mountain bikes can go up and down steep hills. They are heavy and not as fast as road bikes.



#### Pee Wee Says

*"Bikes can be used for exercise and for traveling long distances. They can be built to ride on trails on roads."*



# RANK ADVENTURES



## Rolling Tigers

Requirement #7: Famous races or Cyclists

### Materials Needed

- Internet or book from library

### Instructions

1. Learn about a famous bicycle race or famous cyclist. Share what you learned.



### TOUR DE FRANCE

The **Tour de France** is an annual men's multiple stage bicycle race primarily held in France, while also occasionally passing through nearby countries. Like the other Grand Tours (the Giro d'Italia and the Vuelta a España), it consists of 21 day-long stages over the course of 23 days. It has been described as "the world's most prestigious and most difficult bicycle race."

### TOUR DE CALIFORNIA

The **Tour of California** (officially sponsored as the **Amgen Tour of California**) is an annual professional cycling stage race on the UCI World Tour and USA Cycling Professional Tour. It is the only event on the top-level World Tour in the United States. It was first held in 2006. The eight-day race covers 650–700 miles through the U.S. state of California.



### Pee Wee Says

*"Most of the famous bicycle races are held in other countries. France, Italy, Spain, Germany, and Switzerland all have professional racing events."*