

Cycling Merit Badge Requirements Checklist

<u>Initials</u>	<u>Date</u>	<u>Requirements</u>
_____	_____	1. Show that you know first aid for injuries or illnesses that could occur while cycling, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebites, blisters, and hyperventilation.
_____	_____	2. Clean and adjust a bicycle. Prepare it for inspection using a bicycle safety checklist. Be sure the bicycle meets local laws.
_____	_____	3. Show your bicycle to your counselor for inspection. Point out the adjustments or repairs you have made. Do the following: <ul style="list-style-type: none">a. Show all points that need oiling regularly.b. Show points that should be checked regularly to make sure the bicycle is safe to ride.c. Show how to adjust brakes, seat level and height, and steering tube.
_____	_____	4. Describe how to brake safely with foot brakes and with hand brakes.
_____	_____	5. Show how to repair a flat. Use an old bicycle tire.
_____	_____	6. Take a road test with your counselor and demonstrate the following: <ul style="list-style-type: none">a. Properly mount, pedal, and brake, 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 ride safely along a row of parked cars.f. Cross railroad tracks properly.
_____	_____	7. Describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle safety guidelines.
_____	_____	8. 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, routes traveled, and interesting things seen.* * The bicycle must have all required safety features. It must be registered as required by your local traffic laws.
_____	_____	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 eight hours.