

## Cyclist Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_  1. Own or have access to, and use an approved bicycling helmet while earning this badge. Explain how to tell if a helmet is approved for bicycling.
- \_\_\_\_\_  2. Have the use of a bicycle that is the right size for you and conduct the following safety check:
- a) Check lights, reflectors, pedals, seat, horn or bell for good working condition
  - b) Check handle grips for tightness
  - c) Check steering assembly for tightness
  - d) Check tires for air pressure and cuts
  - e) Check all nuts and bolts for tightness
  - f) Check chain for tightness and properly oil the chain
  - g) Check wheels for wobbles and broken spokes
  - h) Show how to keep the bike clean
- \_\_\_\_\_  3. Explain the meaning of the following street signs or signals and how to properly respond.
- a) Stop sign
  - b) Yield sign
  - c) Pedestrian crosswalk sign
  - d) Colours of a traffic light
  - e) Railway crossing sign
  - f) One way sign



- \_\_\_\_\_  4. In a safe, off-road area, demonstrate the following skills:
  - a) Start, stop and pedal smoothly
  - b) Ride in a straight line
  - c) Do a shoulder check: while riding in a straight line, look back over your shoulder for a few seconds. Be able to ride in a straight line while looking back and tell your leader what you saw.
  - d) Hand signals for left turn, right turn and stop.
- \_\_\_\_\_  5. Explain why you should stop and check for traffic before riding out of your driveway and know what side of the road to ride on.
- \_\_\_\_\_  6. Explain how to make yourself more visible at night by wearing bright and reflective clothing, use of bike reflectors and lights.
- \_\_\_\_\_  7. Explain other bicycling safety tips such as riding in wet weather, avoiding road hazards such as holes and grates, avoiding car doors, and how to lock your bike.
- \_\_\_\_\_  8. To be done after other items have been completed. With the help of an adult, choose a safe route to bike in your neighbourhood. Bike for 10 minutes on this safe route with an adult. Explain how riding your bike (as opposed to using a car) for 10 minutes is good for the environment.

**I completed my Cyclist Badge requirements on:**

\_\_\_\_\_

(date)

