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**Haddenham
Cycle Training**

Brownies Cyclists Badge

To gain this badge, Brownies must complete the following:

When riding a bicycle you must wear a helmet that fits you and is not damaged.

Topic: Fitting helmets

1. Show how to check that a bicycle is safe to ride. Show how to check that the chain, brakes and tyres are all in good order.

Topic: Bike checks

2. Do each of the following:

- ** Wear clothing that is safe for cycling.**
- ** Explain why it is important to be seen when cycling.**
- ** Know where to find details of lighting-up time. Show how to keep lights and reflectors in working order.**

Topic: Discussion about what to wear, reflectors and night time riding

3. Make a simple repair kit to carry with you when cycling. Bring it to the test and show how to use the items.

Topic: Show puncture repair kit, pump etc and demo on spare inner tube

4a. In a safe area, safely ride your bicycle in and out of a line of blocks or cones

Topic: Cycling in and out of cones

4b. In a safe area, safely ride your bicycle using the brakes correctly

Topic: Emergency stops

5a. Show that you understand:

- ** the Highway Code for cyclists**
- ** hand signals that cyclists use**
- ** how to carry essential items.**

Topic: Carrying things, Signalling, Highway Code for Cyclists

5b Go cycling with the tester or an adult you know

Topic: Cycle Ride



- Items in black boxes above are requirements of the Brownies Cyclists badge
- *Topics in blue italics will covered by Haddenham Cycle Training to complete the badge over two meetings (ie 3 hours)*
- If a Brownie has achieved Bikeability Level 1, they will have completed some clauses (not 3 and 5b) of this badge. The Level 1 Certificate should be brought to show the Leader.

Cost

The cost is £220 for up to 24 Brownies for the two sessions, plus an additional mileage cost @ 30p/mile if the return journey from Haddenham is more than 20 miles (round trip)

We require a non-refundable deposit of £50 at the time of booking please. The balance is due on the night. Please post your deposit to Francesca Flaxton at the address above. Thank you.

The maximum number we can teach is **24**, so if your unit is small, why not consider combining with another unit to reduce your costs?

This includes:

- 2 qualified Instructors present at each meeting
- Instruction to completed the Brownie badge (as above) to up to 24 children
- Helmet safety checks and adjustments if required for each child
- Loan of limited number of bikes (MUST be booked in advance – subject to availability)
- Loan of cycling helmets
- Short cycle ride on Week 2**
- Loan of hi-viz vests for cycle ride if required
- Certificate of attendance for each child (unit to provide Brownies badges)
- **Mileage within a 20 mile return journey of Haddenham. Additional mileage will be charged at 30p/mile**

Notes to Leaders

In order to complete the Cyclist Badge activities, Haddenham Cycle Training will need your help with the following please (see overleaf):

- We need 2 sessions of 1.5 hours each please. We will need to arrive 20 minutes before the start time to unload and set up.
- We will need a playground or similar off-road area, large enough to cater for the numbers in your unit.
- We need a minimum of 2 adult helpers on Week 1, who are willing to assist with activities (we will provide instructions)
- We need a minimum of 3 adult helpers on Week 2 who are willing to assist and to ride with us on their bikes for a short local ride. If the group is very large, we will divide them into two groups and organise two short rides.
- All parents must complete our consent and health forms in advance. We will send you these in advance by e-mail for you to print off/distribute by email.
- We suggest you provide children with a drink and snack during each session, although we have a lot to get through and the break will need to be short!
- Your unit will need to purchase the Brownie badges please

**** Important note about the ride on the road: The children love to go on a ride and this is an exciting part of the badge, but we are unable to take anyone on the road who cannot ride**



without stabilisers or who we feel in our professional opinion is not ready or is unsafe to ride on the road.