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More info at [www.haddenhamcycletraining.org.uk](http://www.haddenhamcycletraining.org.uk) or [www.bikeability.org.uk](http://www.bikeability.org.uk)

## Cubs Cyclist Activity Badge

To gain this badge, Cub Scouts must complete the following:

1. Own or have regular use of a bicycle of a suitable size and a cycle helmet.  
*Topics: Helmet checks and fitting*
2. Be able to mount and dismount properly.  
*Topics: Starting and stopping (off-road), starting and finishing a road journey*
3. Understand the need for keeping the bicycle in a roadworthy condition, and how to do this  
*Topics: Bike checks, M check*
4. Be able to clean and oil a bicycle. Show how to pump up the tyres and how to mend a puncture  
*Topics: Washing bikes, oiling chains etc. Puncture repairs and fixing a puncture*
5. Understand the need for keeping a bicycle locked when leaving it unattended.  
*Topics: Locking Bikes*
6. Make a poster to promote road safety to pedestrians or cyclists  
*To be done in unit meeting/at home*
7. Understand the need for lights and reflective clothing. Discuss with your leader or other Cub Scouts the safety measures necessary for riding in poor conditions  
*Topics: What to wear. Reflectors game. Riding at Night. Discussion about cycling in other weather conditions (rain, snow, ice etc)*
8. Under observation, in a safe place, go for a short ride to show that you can ride safely and confidently  
*Topics: Snaking, Short local bike ride*

### **Cost**

**The cost is £220 for up to 24 Cubs 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 Cubs 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**