



Chairman: Francesca Flaxton, 7 Dovecote, Haddenham, Bucks HP17 8BP  
Tel: 07907 794633 E-mail: francesca@haddenhamcycletraining.org.uk  
More info at www.haddenhamcycletraining.org.uk or www.bikeability.org.uk

## Scouts Cyclist Activity Badge

### Notes:

- Bullet points below are mandatory clauses of the badge.
- Scouts and Leaders may choose between Alternative A and B. Most of Alternative A can be carried out by Haddenham Cycle Training and most of Alternative B needs to be carried out in unit meetings
- **Topics written in bold italics are the cycling activities that will be carried out by Haddenham Cycle Training to complete each clause.**
- Two meetings (approx 3 hours) are required to complete the cycling activities, plus extra time to plan and carry out the bike ride.
- Cycle helmets should be worn at all times during cycling activities



To gain this badge, Scouts must complete the requirements below:

- Use a bicycle that is properly equipped and kept in good working order for at least six months
  - Demonstrate an ability to carry out essential maintenance and repairs, including the following:
    - check and adjust the brakes
    - check and adjust the gear change
    - adjust the seat and handlebars to a correct height
    - remove a wheel and locate and repair a puncture
    - check and adjust your cycle helmet
    - maintain a set of lights
- Topic: Bike Checks, Bike Maintenance and Helmet Checks**
- Complete the requirements in one of the following alternatives:

### Alternative A

1. Explain what extra precautions should be taken when cycling in the dark or in wet weather. Understand why motor vehicles take longer to stop in the wet.

**Topic: What to wear, Cycling at Night. Discussion about cycling in other weather conditions**

2. Demonstrate an ability to control a cycle along a slalom course.

**Topic: Cycling around cones**

3. Show an understanding of the Highway Code, including road signs and helmet use.

**Topics: Discussion about Highway Code. Look for local road signs.**

4. Have a basic knowledge of first aid and what to do in the case of accidents.  
To be covered in unit.

5. Have a working knowledge of map reading. Be able to orientate a map using a compass or conspicuous features. Be able to estimate distances and times taken to travel.

To be covered in unit.

6. Plan and carry out an all day cycle ride of not less than 40 kilometres (25 miles).

**Topic: Cycle Ride**

### **Alternative B (to be mostly covered in unit)**

1. Have an understanding of The Scout Association's rules for taking part in adventurous activities.

To be covered in unit

2. Demonstrate an understanding of the Mountain Bike Code of Conduct.

To be covered in unit

3. Demonstrate the ability to control the cycle over different types of terrain.

To be covered in unit

4. Show an understanding of the damage that may be caused to the environment through careless cycling across the countryside.

To be covered in unit

5. Have a basic knowledge of first aid, including the treatment of hypothermia and know what to do in the case of an accident.

To be covered in unit

6. Have a working knowledge of map reading. Be able to orientate a map using a compass or conspicuous features. Be able to estimate distances and times taken to travel.

To be covered in unit

7. Plan and carry out an all day ride of not less than 30 kilometres (20 miles).

**Topic: Cycle Ride**