

## Cycling Merit Badge-Mountain Biking Option

Requirements not completed- 7C(partially), 7D

### Day 1

Materials Needed: Helmets, gloves, pads, bikes, inspection checklist, bike tools

Requirements to be completed: 1A, 1B, 1C, and 2

1. Review hazards and safety rules for MB and Camp Davy Crockett.
  - a. Safety Equipment
2. Review injuries and first aid common for MB.
3. Review bike inspection check list.
  - a. Assign bikes
  - b. Inspect bikes
  - c. Make adjustments as needed

### Day 2

Materials Needed: Inspection Checklist, bikes, bike tools, Safety equipment

Requirements to be completed: 3A, 3B, 3C, 4, 7A, 7C

1. Do bike inspection
  - a. Check for readiness
  - b. Adjust to individual
2. Review braking process
3. Perform bike riding skill check.
4. Do a group ride.
  - a. Assign buddies
  - b. 2 mile ride- pioneering shelter to the front gate, and then return.

### Day 3

Materials Needed: Inspection checklist, bikes, bike tools, safety equipment, bike laws sheet, copy of trail etiquette rules

Requirements to be completed: 6, 7A, 7B, and 7C

1. Review bike laws
2. Review trail etiquette and rules
3. Do a group ride
  - a. 2 mile ride- TBD

## Day 4

Materials Needed: Inspection checklist, bikes, bike tools, safety equipment, dirt mound

Requirements to be completed: 5, 7A, 7B, and 7C

1. Review techniques
  - a. Up/down hills
  - b. Crossing obstacles
2. Review tire repair
3. Do a group ride
  - a. 5 miles- TBD

### Rides

1. 2 mile – Pioneering shelter to the front gate and back to the shelter.
2. 2 mile – Pioneering shelter by lake front and Grey Squirrel. Then the trail by Raccoon Shelter and campsite to the New shower house. Then take the range trail to the ranges and pick up COPE road. Then to headquarters to Black Bear and Grizzly Bear campsites to Campfire. Then by Eagle Bound to Fox Campsite. Cut through the tree line to the old parade field and up to road to Pioneering Shelter. Then by the STEM center, turn by the Cooks cabin and back to Lakefront and the Pioneering Shelter.
3. 5 mile – Repeat number 2 and then repeat number 3 and adding in to the Point and back and the Cobb cemetery and back.

### Camp Riding Rules

1. Follow all safety BSA rules and trail etiquette.
2. Must demonstrate the ability to ride.
3. Must maintain good discipline during class time and riding.
4. Must follow behind the instructor during all rides.

Failure to follow any of the rules will result in immediate dismissal from the class.

### BSA Bike Safety Guidelines

- A. Sweet 16 of BSA safety

- B. Wear a properly fitted helmet
- C. Adjust your bike to fit
- D. Assure bike readiness
- E. See and be seen
- F. Watch for and avoid road hazards
- G. Follow the rules of the road

#### The Sweet 16 of BSA Safety

1. Qualified Supervision
2. Physical Fitness
3. Buddy System
4. Safe Area or Course
5. Equipment Selection and Maintenance
6. Personal Safety Equipment
7. Safety Procedures and Policies
8. Skill Level Limits
9. Weather Check
10. Planning
11. Communications
12. Permits and Notices
13. First Aid Resources
14. Applicable Laws
15. CPR Resource
16. Discipline

#### Rules of the Trail

- Yield the right-of-way to other nonmotorized recreationists.
- Use caution when overtaking another rider and your presence known well in advance.
- Maintain control of your speed at all times.
- Stay on designated trails.
- Do not disturb wildlife or livestock.
- Do not litter.
- Respect public and private property.
- Be self-sufficient.
- Do not travel solo when bike-packing in remote areas.
- Observe the practice of minimum-impact bicycling.
- Always wear a helmet when you ride.

Red first ride 2 miles

Blue second ride 2 miles

Orange third ride 5 miles

(Note: Front gate and Cobb Cemetery are not on this map)

