



BICYCLING

A GS NORCAL COUNCIL'S OWN JUNIOR BADGE

JUNIORS

TO EDUCATE GIRLS ABOUT CYCLING SAFELY AND BICYCLE
MAINTENANCE AND TO ENCOURAGE GIRLS TO
GET OUT AND RIDE!



PURPOSE

There are many different modes of transportation that people can use. Biking is a healthy, environmentally sound mode of transportation, if you know how to safely ride. When riding a bike a person not only needs to learn the rules of the road, but the different requirements to care for their bike. Have fun riding!

REQUIREMENTS

Complete 6 of the following activities.

All members of Girl Scouts of the USA are eligible to earn the Bicycling Badge.

The Bicycling Badge is an official award and should be worn on the front of the vest or sash.

ORDER INFORMATION

To order the Bicycling Badge, please visit www.girlscoutsnorcal.org and purchase the items online. Please note that shipping and handling will be added to all online orders.

Members of Girl Scouts of Northern California will not be charged for shipping and handling if you use the GS NorCal Council's Own Order Form. If Members of Girl Scouts of Northern California order the items online, shipping and handling will be charged to all orders.

ORDER PATCHES ONLINE AT WWW.GIRLSCOUTSNORCAL.ORG
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT PATCHES@GIRLSCOUTSNORCAL.ORG

BICYCLING BADGE FOR JUNIOR GIRL SCOUTS

Complete 6 of the following activities.

1. Use a bicycle maintenance book, owner's manual or a qualified adult to help you in locating the main parts of a bicycle. Do you know the purpose of each bicycle part you have located? Develop a safety check for a bicycle. Include all items that need to be checked regularly, such as tire pressure, brake pads, chain, reflectors, light, bell and nuts and bolts that could come loose over time .
2. Find out what safety guidelines must be used in your city, town or state. Are helmets required? Lights? Reflectors? What requirements are there for riding during night hours? Be sure your bike meets all safety requirements .
3. Bike riding is healthy and environmentally sound and a great alternative to driving places. Learn how to safely get to and from some of the places you regularly go like lessons, practices, the store or school. With your parent's permission, ride your bike with a buddy instead of driving at least 3 times.
4. Visit a bicycle shop. Learn about the bicycle business and some of the tools used when working on bicycles. What skills must a person have to own or work in a bike shop? Learn how to clean your bicycle. What parts need to be dried to avoid rusting? What parts of your bicycle need to be kept oiled? Demonstrate to an adult the proper way to oil your bicycle chain.
5. Learn how to change a tire tube using the proper tools. Know how to look for puncture marks. Be sure you know how to inflate the new tube to the correct pressure. Change a tire.
6. Go online and learn about the organizations in your community that are advocates for bicycling. Who are they and what can you find out about them. Do they sponsor rides in your area and/or lobby for bike trails? Who is behind the "Share the Road" campaign and what is that about.
7. Create a bike maintenance kit that can be carried on your bicycle. Your kit should include the items necessary for patching a tire tube.
8. Learn about the bike trails in your area. Ride your bike on at least one of them.
9. Read a book or go online and find out about a famous cyclist. Share the info with your group.
10. Learn and practice the rules of the road for bicycles including which side of the road to ride on, how to make turns in traffic, and what the hand signals are to turn and stop. Practice riding your bike on the back roads and progress to the busier streets.
11. Use your new skills! Go on 2 bicycle day trips of 5 to 10 miles each.

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