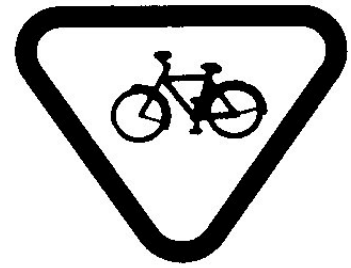


Health and Fitness



Cyclist Badge

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

1. Own or have access to, and use an approved bicycling helmet while earning this badge. Explain how to tell if a helmet is approved for bicycling.
_____ ()

2. Have the use of a bicycle that is the right size for you and conduct the following safety check:
 - a) Check lights, reflectors, pedals, seat, horn or bell for good working condition
 - b) Check handle grips for tightness
 - c) Check steering assembly for tightness
 - d) Check tires for air pressure and cuts
 - e) Check all nuts and bolts for tightness
 - f) Check chain for tightness and properly oil the chain
 - g) Check wheels for wobbles and broken spokes
 - h) Show how to keep the bike clean
3. Explain the meaning of the following street signs or signals and how to properly respond.
_____ ()

4. In a safe, off-road area, demonstrate the following skills:
_____ ()

- _____ () 5. Explain why you should stop and check for traffic before riding out of your driveway and know what side of the road to ride on.
- _____ () 6. Explain how to make yourself more visible at night by wearing bright and reflective clothing, use of bike reflectors and lights.
- _____ () 7. Explain other bicycling safety tips such as riding in wet weather, avoiding road hazards such as holes and grates, avoiding car doors, and how to lock your bike.

I completed my Cyclist Badge requirements on: _____

Name : _____