



Bears on Bikes

Cub Scouts · Elective · Bear rank

Name

Started

Completed

Bears on Bikes teaches you to ride safely and take care of your bike. You'll check your helmet, adjust your seat, pump up your tires, and go for a ride. Knowing your bike well makes every ride safer and more fun.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/bears-on-bikes/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Show how to wear a bike helmet properly

Tip: Make sure your helmet sits level, the straps are snug, and it doesn't wobble.

- ☐ **2** Decide what to wear when riding a bike

Tip: Pick bright clothes and closed-toe shoes, and tuck in loose pant legs.

- ☐ **3** Demonstrate proper bicycle hand signals

Tip: Practice the left, right, and stop signals while standing, then on your bike.

☐ **4** Show how to adjust the saddle height

Tip: With an adult, set the seat so your leg is almost straight when the pedal is at the bottom.

Example: Sit on the seat with one pedal at the bottom. Your leg should be almost straight, with a little bend in the knee. If not, have an adult help raise or lower the seat.

☐ **5** Show how to operate the brakes

Tip: Squeeze the brakes while walking your bike to feel how they stop it.

Example: Walk your bike and squeeze each brake lever. The bike should stop without sliding. If your bike has coaster brakes, push the pedals backward to stop.

☐ **6** Learn to inflate your tires with a pump; discuss why riding on low or flat tires is unsafe and can damage your bike

Tip: Use a pump to fill your tires. Talk about how low tires make the bike harder to control.

Example: Find the pressure number (PSI) on your tire, attach the pump with your adult, and fill to that number. Low tires make steering wobbly and go flat more easily on bumps.

☐ **7** Go on a 30-minute bike ride with your family, den, or pack, using the buddy system

Tip: Ride for 30 minutes with a buddy on a safe path with adults along.

Example: Ride 30 minutes on a paved trail with your den. Use your hand signals, leave space between you and your buddy, and stop together at every crossing.