



On a Roll

Cub Scouts · Elective · Lion rank

Name

Started

Completed

On a Roll is about having fun on your bike and staying safe. You'll learn what gear to wear, the rules of the road for kids, and then go for a ride. Safe riders have the most fun.

Requirements

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

- ☐ 1 With your den or adult partner, learn what safety gear to wear when riding a bike

Tip: Try on a helmet with your adult and check that it fits snugly. Talk about other gear like closed-toe shoes.

Example: Safety gear includes a helmet that sits level on your forehead, closed-toe shoes, and bright clothes so people can see you. Some riders add knee and elbow pads while they learn.

- ☐ 2 With your den or adult partner, learn the safety rules for riding a bike

Tip: Learn a few simple rules with your adult, like riding where a grown-up says and watching for cars.

Example: Rules can be: always wear a helmet, ride where your adult says, stop and look before crossing paths or driveways, and keep both hands on the handlebars.

- ☐ 3 With your adult partner or family, ride a bike wearing the right safety gear and following the safety rules

Tip: Ride in a safe place like a park path or empty lot, with your helmet on and your adult watching.

Example: Buckle your helmet, put on sneakers, and ride laps around a park loop while your adult watches. Practice stopping with your brakes and riding in a straight line.