



Pedal with the Pack

Cub Scouts · Elective · Wolf rank

Name

Started

Completed

Pedal with the Pack is about riding your bike safely. You'll wear your helmet right, learn hand signals, and take a ride with your buddy. Bikes are a great way to explore and have fun.

Requirements

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

- ☐ 1 Show how to wear a bike helmet properly and that you can put it on and take it off without help

Tip: Practice putting on your helmet so it sits level, with snug straps, and taking it off yourself.

Example: Check your helmet: it sits about two fingers above your eyebrows, the side straps make a V under each ear, and the chin strap is snug but lets you open your mouth wide.

- ☐ 2 Decide what to wear when riding a bike

Tip: Pick bright clothes, closed-toe shoes, and nothing that could catch in the chain.

Example: Wear bright colors so drivers can see you, closed-toe shoes so your feet stay on the pedals, and tuck in or roll up loose pant legs so they don't catch in the chain.

- ☐ 3 Learn about different kinds of bikes and when and where each might be ridden

Tip: Look at road bikes, mountain bikes, and BMX bikes. Where would you ride each one?

Example: A road bike has thin tires for smooth pavement, a mountain bike has knobby tires for dirt trails, and a BMX bike is small and tough for tracks and jumps.

- ☐ **4** Show you can start and stop your bike without help

Tip: Practice starting and stopping smoothly in a safe, flat spot like an empty lot.

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

Tip: Learn the signals for left, right, and stop. Practice them while standing first.

Example: Left turn: stick your left arm straight out. Right turn: bend your left arm up at the elbow, or stick your right arm straight out. Stop: bend your left arm down.

- ☐ **6** Take a bike ride with your den, pack, or family, using the buddy system

Tip: Ride with your buddy on a safe path with adults along.

Example: Ride a paved park trail with your den. Each rider has a buddy, one adult leads and another rides at the back, and everyone stops together at each crossing.