



MERIT BADGE WORKSHEET

Cycling

Scouts BSA · Outdoors · Eagle-required

Name

Started

Completed

Cycling is about riding with skill, confidence, and good judgment. You'll learn to keep your bike in great shape, ride safely around traffic or on trails, and then put it all together on real rides. It's one of the Eagle-required choices, and a great way to explore your area.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/merit-badges/cycling/). Tips and examples are ideas, not extra requirements.

1 Safety and first aid

Tips for this section: Think about what actually goes wrong on rides, like falls, road rash, dehydration, and heat, and practice the first aid for each with a parent or older Scout.

Example for this section: Walk through real scenarios: a fall that causes road rash (clean, cover, watch for infection), a hot ride and early heat exhaustion (stop, shade, sip water), and a hard hit to the head (stop riding and get an adult right away).

- ☐ **1a** Explain to your counselor the hazards you're most likely to face while cycling and how to anticipate, prevent, mitigate, and respond to them; also explain how to think ahead, ride predictably, be conspicuous, and ride ready

- ☐ **1b** Show you know first aid for cycling injuries and illnesses such as cuts, scratches, blisters, concussions, sunburn, heat exhaustion, heatstroke, dehydration, hypothermia, frostbite, insect stings, tick bites, and snakebite; explain why you should be able to recognize the poisonous plants and animals in your area

- ☐ **2** Describe the bicycle laws in your state and town and how they compare with motor vehicle laws; explain where and how to ride on roads, including lane position, changing lanes, left and right turns, and going through intersections

Tip: Look up your state's bike laws and compare them to the rules drivers follow. Notice which rules are the same and which only apply to bikes.

Example: Compare bike and car rules: both stop at stop signs and signal turns, but cyclists ride as far right as is safe and may not be allowed on some highways. Look up your state's rules on lights at night and helmets.

- ☐ **3** Explain why the right clothing and gear matter while cycling, including a helmet that's the right size and fits well, and know the Scouting America Bike Safety Guidelines

Tip: Have someone check your helmet fit in front of a mirror. Then lay out what you'd wear for a hot day, a cool day, and riding near dusk.

- ☐ **4** Use a bike safety checklist to clean and adjust a bicycle, then present it to your counselor for inspection and do 4a-4f

Tip: Make a simple checklist for tires, brakes, chain, and bolts. Go through it in the driveway with a rag and a pump, and ask a bike shop mechanic about anything unclear.

Example: Use the ABC quick check: Air (tires firm), Brakes (squeeze, no slipping), Chain and cranks (clean, no wobble). Then clean the drivetrain with a rag, oil the chain, and wipe off the extra.

- ☐ **4a** Show the points to check regularly to be sure the bike is safe to ride

- ☐ **4b** Show how to adjust the saddle and handlebars so the bike fits you

- ☐ **4c** Show how to adjust the brakes and the gear shifters (derailleurs)

- ☐ **4d** Show every spot that needs regular lubrication

- ☐ **4e** Show how to fix a flat: take off the tire, patch or replace the tube, and put the tire back on

- ☐ **4f** Show that the bike meets local laws

- ☐ **5** Show your counselor basic bike handling: getting on properly, starting and stopping (including emergency stops), riding straight, turning, shifting gears, scanning, and signaling

Tip: Set up a few cones in an empty parking lot or quiet park path and practice starting, stopping, turning, and signaling until it feels smooth.

Example: In an empty parking lot with cones: ride a straight line, stop smoothly on a mark, signal left and right while holding a line, look back over your shoulder without swerving, and weave between cones.

6 Road or trail riding option: Choose 1 of 2

Tips for this section: Pick the option that fits where you like to ride. Plan each ride with your counselor, and always ride with a buddy and an adult who knows the route.

6a Option A: road biking

6a1 Road safety test with your counselor

- ☐ **6a1a** On a city street with light traffic, make a correct left turn from mid-street, and show another left-turn method to use when traffic is heavy

- ☐ **6a1b** Make a right turn correctly

- ☐ **6a1c** Show what to do at a right-turn-only lane when you're going straight

- ☐ **6a1d** Show correct riding along the curb and edge of the road, and how to ride safely past a line of parked cars

- ☐ **6a1e** Cross railroad tracks the right way

- ☐ **6a2** Using the buddy system and staying off main highways, ride 10 miles twice, 15 miles twice, and 25 miles twice; write a report of the rides with dates, routes, and interesting things you saw

6a3 50-mile ride: Choose 1 of 2

- ☐ **6a3a** After 6a2, plan a 50-mile route on a road map that avoids main highways, then ride it with a buddy, using your map, in 8 hours or less

- ☐ **6a3b** After 6a2, complete an organized bike tour of 50 miles or more with a buddy in 8 hours or less, then make a map of the ride from the tour's cue sheet

6b Option B: trail or mixed-surface biking

6b1 Mountain bike handling skills

- ☐ **6b1a** Show your counselor the neutral and ready positions, separating your body from the bike (side to side and front to back), and body position for cornering

- ☐ **6b1b** Show your counselor how to shift gears for climbs and obstacles

- ☐ **6b1c** Show your counselor how to ride uphill and downhill, including when to stay seated, crouch, or stand

6b2 Trail safety test with your counselor

- ☐ **6b2a** Show good trail manners toward hikers and other riders, including when to give the right-of-way

- ☐ **6b2b** Show how to get past an obstacle correctly, either riding over it or getting off and going over or around it

- ☐ **6b2c** Ride across rocks, gravel, and roots correctly

- ☐ **6b3** Describe the rules for trail riding, including how to tell when a trail shouldn't be ridden

- ☐ **6b4** Using the buddy system, on mountain bike or multi-use trails your counselor approves, ride 2 miles twice, 5 miles twice, and 8 miles twice; write a report of the rides with dates, routes, and interesting things you saw

- ☐ **6b5** After 6b4, map a 22-mile trip on a trail map (combining trail systems is OK) that stays off main highways, then ride it with a buddy in one day using your map