



# ROLLING TIGERS



## RATIONALE FOR ADVENTURE

In this adventure, Tigers will learn about their bicycles, safety gear, and how to keep safe and have fun while riding.

## TAKEAWAYS FOR CUB SCOUTS

- Increasing responsibility
- Developing confidence
- Following instructions
- Learning rules
- Learning safety skills
- Being observant
- A Scout is obedient.



*Tiger Handbook, page 182*

## ADVENTURE REQUIREMENTS

Complete requirements 1–3 plus at least two others.

1. With your den or with your parent, guardian, or other caring adult, try on safety gear you should use while riding a bike. Show how to wear a bicycle helmet properly.
2. With your den or with your parent, guardian, or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.
3. Learn and demonstrate proper hand signals.
4. With your den or with your parent, guardian, or other caring adult, do a safety check on a bicycle.
5. With your den or family, go on a bicycle hike wearing your safety equipment. Follow the bicycling safety and traffic laws.
6. With your den or with your parent, guardian, or other caring adult, discuss two different types of bicycles and their uses.
7. Learn about a famous bicycle race or famous cyclist. Share what you learn with your den.
8. Visit your local or state police department to learn about bicycle riding laws.
9. Identify two jobs that use bicycles and discuss how they are used.

## NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 1 will be an introduction to bicycle gear and safety; Tigers can plan to bring their own bikes to the meeting. Meeting 2 will be a den bike hike. Before the hike, check to make sure all the Tigers and adult partners have bikes and safety gear. If not, look into options for borrowing so everyone will have what they need.

Meeting 3 will be a den outing to a state or local police department. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring.

Safety Equipment: In addition to bikes, each Cub Scout and adult partner will need the safety equipment specified in Meeting 1. Make arrangements in advance with families to supply these items, or develop a plan to borrow them.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

# MEETING 1 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Copies of the Scout Oath and Scout Law
- Posters or pictures of different types of bicycles, or books about bicycles
- Bicycle safety gear (helmets, knee pads, elbow pads, and gloves) will be needed for both youth and adults. Before the meeting, ask Tigers and their adult partners which items they have to be sure nothing is left out.
- Stopwatch or timer
- If possible, have Tigers bring their bicycles to the meeting. Make sure each Tiger has a bicycle to use, including the safety gear noted above. Or, bring in a sample bike and gear for show.
- Two large poster-size pieces of paper for listing "Safety Tips" and "Safety Gear." Information from the National Highway Traffic Safety Administration can be used as reference. See [www.nhtsa.gov/road-safety/bicycle-safety](http://www.nhtsa.gov/road-safety/bicycle-safety).
- Read the Rolling Tigers adventure in the *Tiger Handbook*.

## GATHERING

Put the safety gear on display for the Tigers to see. Explain the purpose of each item and how it is worn. Time each of the Tigers to see how fast they can put on the gear correctly. The adult partners can participate as well.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

## TALK TIME (REQUIREMENT 6)

- Carry out business items for the den.
- This meeting is an introduction to the Rolling Tigers adventure. As the meeting starts, explain to the Tigers and adult partners that they will be talking about bicycles at this meeting. Give each Tiger an



opportunity to tell you a little bit about their bicycle, if they own one. Have pictures or, if possible, real examples of different types of bicycles (tricycle, unicycle, mountain bike, tandem, three-wheeler, and motocross). Find out how each bike is used.

## ACTIVITIES

### ◆ Activity 1: Safety Gear (Requirement 1)

- Ask Tigers how fast they were able to put on the safety gear earlier. Be sure to note that speed comes second to putting on gear correctly!
- Give each Tiger one safety gear item and ask them to tell why we would wear it when biking. Establish the importance of using safety gear.
- As another option, create the “Safety Gear” list on a poster board with reasons why each item is used.
- Review the proper steps for putting on a helmet as outlined in the *Tiger Handbook*. Give each Tiger the opportunity to try on their helmet and check the fit.

### ◆ Activity 2: Safety Tips (Requirement 2)

- Talk about the importance of bicycle safety by asking Tigers how they bike safely.
- Create a list of their ideas on the poster labeled “Safety Tips.”
- Remind them that they must follow state laws while riding their bicycles.
- Review the list of bike safety tips in the *Tiger Handbook*.

### ◆ Activity 3: Hand Signals (Requirement 3)

- Demonstrate the arm signals that Tigers should use when out on the road. Have Tigers look at the examples in their handbooks to reinforce each.
- Teach and practice the skills by playing a game similar to “Simon Says.” The game can be played with all of the Tigers lined up behind the leader, who signals an action and then either follows the signal or does not follow the signal correctly. Have fun!

### ◆ Activity 4: Driving Test (Optional)

The Driving Test game is designed to teach the proper signals for riding bikes. No bikes are needed for this game.

1. All players except for one form a large circle about 30 feet wide.
2. The one remaining player acts like they are mounting a bicycle inside the circle and walks slowly toward one of the other players.
3. When the player “riding” the bike is about halfway, the player they are “riding” toward calls out a command, such as “Turn right,” “Turn left,” or “Stop!”
4. The “rider” must give the proper signal and carry out the command. They continue to “ride,” carrying out the commands given to them by others.
5. After five commands, the Tiger takes a place in the circle and another player “rides” the course. Score 1 point for each correct signal. Have everyone take a turn, and the Scout with the most points wins.

## CLOSING

- Spend a few moments reflecting on the information shared with the Tigers and the game that they played. Ask them one new thing that they learned during the meeting. How did they like the Driving Test? Did they find it hard to respond quickly and correctly to the commands? Why is being obedient important enough that it is included in the Scout Law?
- Have Tigers sign a thank-you card to be given after Meeting 3 to anyone who helps with the den outing.
- Confirm the details of the next meeting’s bike hike with Tigers and their adult partners.
- Lead the den in a Tiger roar to close out the meeting.

## AFTER THE MEETING

- Record completion of requirements 1, 2, 3, and 6.
- Work together to clean up the meeting place.

# MEETING 1 RESOURCES

## LIST OF CYCLING ORGANIZATIONS

### Adventure Cycling Association

150 E. Pine St., P.O. Box 8308  
Missoula, MT 59807  
Phone: 406-721-1776, 800-755-2453 (toll free)  
Fax: 406-721-8754  
Website: [www.adventurecycling.org](http://www.adventurecycling.org)

### Bicycle Helmet Safety Institute

4611 Seventh St. S  
Arlington, VA 22204-1419  
Phone: 703-486-0100  
Website: [www.bhsi.org](http://www.bhsi.org)  
A helmet advocacy program of the Washington Area Bicyclist Association. Provides information about helmets and safety.

### League of American Bicyclists

1612 K St. NW, Suite 1102  
Washington, DC 20006-2850  
Phone: 202-822-1333  
Website: [www.helmets.org](http://www.helmets.org)  
National organization of bicycle enthusiasts. Promotes bicycling for recreation and transportation and increases bicycle safety awareness by educating bicyclists and road users.

### National Center for Bicycling & Walking (NCBW)

Phone: 202-223-3621  
Website: [www.bikewalk.org](http://www.bikewalk.org)  
Promotes bicycling transportation and recreation and provides information to bicycle activists and government officials.

### USA BMX

P.O. Box 718  
Chandler, AZ 85244  
Phone: 480-961-1903; fax: 480-961-1842  
Website: [www.usabmx.com](http://www.usabmx.com)  
Sanctions American BMX bicycling.

### USA Cycling

210 USA Cycling Point, Suite 100  
Colorado Springs, CO 80919  
Phone: 719-434-4200  
Website: [www.usacycling.org](http://www.usacycling.org)  
The national body for competitive cycling in the United States.

# MEETING 2 PLAN (Bicycle Hike)

## PREPARATION AND MATERIALS NEEDED

- Bicycle and safety gear for each Tiger and adult partner
- There is a possibility that a Tiger or adult partner may not have a bicycle. If this happens, see if one or more bicycles can be borrowed before the hike.
- Hike map

## GATHERING

As everyone gathers, have them point out their gear that matches what's on the bicycle gear poster from Meeting 1. Have them do the same as new bikes and riders arrive.

## OPENING

- Say the Pledge of Allegiance and the Scout Oath and Scout Law.

## TALK TIME

- Carry out business items for the den.
- Tell everyone where the ride will start and the destination. Review signals for stopping and for making left and right turns.



## ACTIVITIES

### ◆ Activity 1: Safety Check (Requirement 4)

- Before the hike begins, conduct a safety check of the bicycles and safety gear. Also check to make sure all Tigers and adult partners understand the traffic laws that apply to bicycle riding.
- See the Meeting 2 Resources for more information on conducting a bicycle safety check.

### ◆ Activity 2: Bike Hike (Requirement 5)

Participate in the bicycle hike, and have fun!

## CLOSING

- Help Tigers see that bicycling is not just lots of fun, but also good exercise.
- Review the importance of safety when riding a bicycle: obeying all traffic laws, wearing safety gear, and learning the safety tips.
- Ask Tigers reflection questions such as these:
  - What did you like best about the bicycle hike?
  - Why is it important to take care of your bicycle?
  - Why is it important to wear safety gear?
  - How did knowing the traffic laws relating to bicycling help them on this hike?



### Do-at-Home Project Reminder:

Remind each family to learn a few facts about a famous bicycle race or cyclist so a discussion can occur in Meeting 3.

## AFTER THE MEETING

- Serve refreshments, if desired; then make sure everything is cleaned up.
- Record completion of requirements 4 and 5.
- If the next meeting will be an outing to a police station, distribute all pertinent information (where to go, transportation plans).

## MEETING 2 RESOURCES

### BICYCLE SAFETY CHECK

Before the hike, Tigers should read the information in their handbooks on how to check their bikes for safety. Leaders and adult partners should visit the National Highway Traffic Safety Administration website for more bike safety information: [www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles).

Before any bike ride, remember to:

1. Wear a bicycle helmet. Check to be sure it is properly fitted.
2. Check the air pressure in the tires. Spin the wheels to be sure they are not worn out.
3. Check the brakes.
4. Check the cranks, the chain, and the gears. Be sure they all move only as intended and do not have rust or too much grease.
5. Adjust the bicycle to fit. Stand over the bike. For a road bike, there should be 1 to 2 inches between the rider and the tube (bar). For a mountain bike, there should be 3 to 4 inches. Check that the seat is flat and not tilted. When sitting on the bike, check that the height is correct by extending one leg fully on the pedal. There should be a slight bend at the knee.
6. Check that any other gear, including reflectors, is in place as needed.

# MEETING **3** PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- Contact the local or state police department ahead of time to make arrangements. Let them know how many adults and youth will be coming and what it is you are hoping to get out of the visit.
- Ask if there will be any hands-on opportunities. Can the Scouts bring their bicycles? If anyone in the den does not have a bicycle, have one of the Tigers share with them. Make sure there are enough helmets.
- Ask the police if they can set up an obstacle course for the Tigers to go through on their bicycles. Can they help the Scouts do a bicycle inspection?
- The den leader should bring a copy of the *Guide to Safe Scouting*.

## GATHERING

Explain to everyone what is expected of them, including quiet, courteous behavior. Generate a list of questions that they want to ask. Use the buddy system.

## OPENING

Say the Pledge of Allegiance and the Scout Oath and Scout Law.

## TALK TIME (REQUIREMENTS 7 AND 9)

- Carry out business items for the den.
- Ask Scouts what they learned about either a famous bicycle race or a famous cyclist.
- Discuss different jobs people can have that involve bicycles.

## ACTIVITIES

### ◆ Activity 1: Police Department Visit (Requirement 8)

- Visit the local or state police department to learn about laws, safety, and how to properly wear a helmet. Do a safety check on a bicycle if possible.
- Encourage the Tigers to ask the police questions about biking.

## CLOSING

- Thank those who were in charge of the visit. Plan a cheer ahead of time to give to them. Give them the thank-you cards that were signed at a previous meeting.
- If time allows, and there is an area to do so, gather everyone to talk about what they learned and how they felt about the visit.

## AFTER THE MEETING

- Record completion of requirements 7, 8, and 9.
- Provide refreshments, if allowed. Make sure everything is cleaned up.

Upon completion of the Rolling Tigers adventure, your Tigers will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.

