

1. Review of required prerequisites.
  - a. Discuss hazard mitigation
  - b. Discuss first aid for cycling
  - c. Discussion of clothing and personal safety equipment used for cycling
  - d. Discuss BSA Bike Safety Guidelines
2. ACE Bike Staff will assist individual scouts in choosing the appropriately sized bike
3. Each scout will review their individual bike and present the following
  - a. Methods to clean
  - b. How to prepare bikes for riding
    - i. adjust brakes, seat, seat height, tire pressure, and steering tube
    - ii. oiling points
4. Demonstrate proper braking methods
5. ACE Bike Staff will demonstrate the steps to repair a flat tire
6. Review traffic laws for bicycles

**\*The next block of curriculum will be performed on the Mountain Bikes issued to participants. The BSA Buddy System is to be implemented on all riding segments. Troop Leaders should help ACE Bike guide staff to initiate this procedure to ensure all scouts are partnered up. If one scout stops riding, then the partner stops also, etc**

7. Scouts will prepare to embark on a 2 mile ride by preparing
  - a. Water and snacks. Maps. Tools. First Aid Kit and a method of communication
  - b. Discuss rules of trail riding including when a trail is unsuitable for riding
8. While riding scouts will demonstrate how to properly:
  - a. Mount, pedal and brake
  - b. Proper shifting including shifting while climbing
  - c. Use skills techniques for riding up and down hills including over obstacles
  - d. Show trail etiquette to hikers and other cyclists

**\*The next block of curriculum will be based on how much time is left in the day. It should be the goal of all participants to accomplish subjects 1-8 prior to lunch to ensure the afternoon can be designated as a ½ day ride. This rides length will also be decided based on the overall ability of the entire group as assessed from the short 2 mile ride. Discussion between Staff and Troop Leaders should ensue.**

**\* It is also important to discuss what the troop may still need to accomplish on their own, while at home. The BSA Cycling merit badge guidelines designate multiple rides of much mileage to fulfill the requirements to earn the badge. Some troops may choose to book a Full Day guided ride the 2nd day with ACE to help achieve one of the longer rides that is required. Therefore the cycling merit badge can be achieved in 2 full days. Your ACE reservationist can help you with this decision if it you have interest in doing so.**