

Cub Scout Adventure In a Box



October Adventure

Rolling Tigers



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BOY SCOUTS OF AMERICA

INTRODUCTION

Dear parents/leaders,

Be sure to read this section (below) to or with your scouts to introduce this month's adventure and what you will be learning and doing.

Welcome scouts to the October Adventure In a Box! This month the theme we are exploring is SCOUT SKILLS! Did you and your family ride bikes this year? Did you ride your bike by your house? Or maybe at the park? If so, did you have fun? Where did you go? Maybe you have not learned how to ride a bike yet, you are training to ride a bike with training wheels or you have already mastered the skill. Either way, bike riding can be an AWESOME adventure whether it is with your family, your pack, at the park or by your home!

While we are having fun with biking this month we will be working on requirements to complete the "Rolling Tigers" Adventure. We will learn how to be safe while riding a bike and about the different equipment that helps us be safe.

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



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ADVENTURE REQUIREMENTS

Below is a list of the requirements your scout(s) will need to complete in order to earn the belt loop. Some requirements will have an activity they will need to do and some will be an outing or experience they will need to have. Detailed instructions for the activities and guidance for the outing are included later in this guide.

Complete Requirements 1 - 3 plus at least two others.

1. With your den or 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 parent/guardian/other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.
3. Learn and demonstrate proper hand signals.

AND

4. With your den or 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.

OR

7. Learn about a famous bicycle race or famous cyclist. Share what you learn with your den.
9. Identify two jobs that use bicycles and discuss how they are used.

Tips from an Akela!



This adventure works well split in two parts. Part 1 can be an introduction to bicycle gear and safety with their own bike. Part 2 has two options.

Option A will be a bike hike and a safety check. Before the hike, check to make sure everyone has bikes and safety gear. If not, look into options for borrowing so everyone will have what they need or you can choose option B. Safety Equipment: In addition to bikes, each Cub Scout and adult partner will need the safety equipment specified in Part 1.

Option B Learn about a famous bicycle race or cyclist and Identify two jobs that use bicycles and discuss how they are used. Scouts can share what they have learned with a friend, teacher or family member.



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MATERIALS LIST

*The following supplies will be needed to complete the activities in this kit. Most of the items will be included in the kit. Any items marked with an * are items that you may find around the house and are not included in the kit.*

- Packing List Handout
- Safety gear poster
- Safety tips white erase sheet
- Bike*
- Helmet*
- Knee and elbow pads*
- Gloves*
- Bike light
- Bike Bell
- Reflectors/reflector tape
- Sunglasses

ACTIVITIES

Part 1 - At home

Intro: For this meeting we are going to focus on getting your scout(s) ready for their bike hike for Part 2. Depending on what works best for your scout(s) and scheduling, the activities included in this meeting could also be broken into two shorter meetings but should still be done prior to Part 2.

PART ONE ACTIVITIES

Activity One: Safety Gear (Requirement 1)

Ask Tigers to try on the safety gear (helmets, knee pads, elbow pads, and gloves). See how fast they can put on the safety gear. Be sure to note that speed comes second to putting on gear correctly! Give your Tiger one safety gear item at a time and ask them to



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tell why we would wear it when biking. Establish the importance of using safety gear. Give your Tiger the opportunity to try on their helmet and check the fit. Review the proper steps for putting on a helmet as outlined in the Tiger Handbook.

Activity Two: Safety Tips (Requirement 2)

Talk about the importance of bicycle safety by asking your Tiger how they bike safely. Create a list of their ideas on the “Safety Tips” white erase sheet. 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 family or group lined up behind the leader, who signals an action and then either follows the signal or does not follow the signal correctly. Have fun!



Make a game out of it!

The Driving Test game is designed to teach the proper signals for riding bikes. No bikes are needed for this game. Discuss what was learned after the game is completed.

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 player 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 individual with the most points wins.



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Part Two - Outside Bike Hike or Bike Knowledge

PART TWO ACTIVITIES

Activity One: Safety Check (Requirement 4)

Before the hike begins, conduct a safety check of the bicycles and safety gear. Also check to make sure you understand the traffic laws that apply to bicycle riding. See “Tips from Akela” below.

Activity Two: Bike Hike (Requirement 5)

Participate in the bicycle hike and have fun! You may want to introduce your tiger to a map or your route and a compass.

AND/OR

Activity One: Safety Check (Requirement 7)

Discuss with your Tiger about a famous bicycle race or a famous cyclist.

Activity Two: Bike Hike (Requirement 9)

Discuss different jobs people can have that involve bicycles.

Tips from an Akela!

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

Bicycle Helmet Safety Institute

4611 Seventh St. S
Arlington, VA 22204-1419
Phone: 703-486-0100
Website: www.bhsi.org
A helmet advocacy program of the Washington
Area Bicyclist Association. Provides information



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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

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

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

Sanctions American BMX bicycling.

USA Cycling

210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919
Phone: 719-434-4200

Website: www.usacycling.org

The national body for competitive cycling in the United States.

WRAPPING IT UP

Congratulations! If you have completed all the activities and finished all the requirements, you are all done working on this adventure! For scouts that do this on their own or with their family, they can share about the adventure with their den at a future meeting. If your den is not able to meet in person, consider scheduling a virtual meeting and giving each scout a chance for show and tell.



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AFTER YOU HAVE COMPLETED YOUR ADVENTURE

Once you have completed your adventure make sure to let your Den Leader or Advancements Coordinator know! They will mark the requirements complete and prepare the appropriate recognition device for awarding.



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