



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 174

ADVENTURE REQUIREMENTS

1. With your den or adult partner, discuss two different types of bicycles and their uses.
2. With your den or adult partner, try on safety gear you should use while riding your bike. Show how to wear a bicycle helmet properly.
3. With your den or adult partner, learn and demonstrate safety tips to follow when riding your bicycle.
4. Learn and demonstrate proper hand signals.
5. With your den or adult partner, do a safety check on your bicycle.
6. With your den or family, go on a bicycle hike wearing your safety equipment. Follow the bicycling safety and traffic laws.
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.

NOTES TO DEN LEADER

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. Make sure a tour and activity plan has been submitted, if required, and activity consent forms are distributed, signed, and collected.

Safety Equipment: In addition to bikes, each Cub Scout and adult partner will need the safety equipment spelled out 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.” There are downloadable PDFs available from the National Highway Traffic Safety Administration that can be used as reference. See www.nhtsa.gov/Bicycles.
- 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 he 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, as appropriate, the Scout Oath and Scout Law.

TALK TIME (REQUIREMENT 1)

- 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 his bicycle, if he has 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 2)

- 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 him 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 his helmet and check the fit.

◆ **Activity 2: Safety Tips (Requirement 3)**

- 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 4)**

- 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 boys 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**

Go outdoors and do the Driving Test. This game is set up to be played with bicycles. You will need to modify this game depending on the amount of time you have to play, or whether or not the Tigers have bicycles to ride.

1. All players except for one form a large circle about 30 feet wide.
2. The one remaining player mounts his bicycle inside the circle and rides slowly toward one of the other players.
3. When he is about halfway, the player he is 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. He continues to ride, carrying out the commands given to him by other boys.
5. After five commands, he takes a place in the circle and another player rides the course. Score 1 point for each correct signal. Have each of the boys take a turn, and the boy 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 4.
- 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

American Bicycle Association

P.O. Box 718
Chandler, AZ 85244
Phone: 480-961-1903; fax: 480-961-1842
Website: www.ababmx.com
Sanctions American BMX bicycling.

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.

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 about helmets and safety.

League of American Bicyclists

1612 K St. NW, Suite 308
Washington, DC 20006-2850
Phone: 202-822-1333; fax: 202-822-1334
Website: www.bikeleague.org
National organization of bicycle enthusiasts. Promotes bicycling for recreation and transportation and increases bicycle safety awareness by educating bicyclists and road users.

National Bicycle League

3958 Brown Park Drive, Suite D
Hilliard, OH 43026
Phone: 614-777-1625, 800-886-BMX1 (toll free)
Fax: 614-777-1680
Website: www.nbl.org
Sanctions BMX, Formula One, and freestyle 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.

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 boys and partners gather, 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, as appropriate, the Scout Oath and Scout Law. If the den does not have a United States flag on the outing, ask one Scout to display the flag on his uniform for the group.

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 5)

- 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 6)

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 5 and 6.
- 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.

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 for the boys. Can they bring their bicycles? If any boy in the den does not have a bicycle, have one of the Tigers share with him.
- Ask the police if they can set up an obstacle course for the Tigers to go through on their bicycles. Can they help the boys do a bicycle inspection?
- Unit den leader should have in possession (if required by local council practices) the tour and activity plan, signed activity consent forms, and a copy of the *Guide to Safe Scouting*.

GATHERING

Explain to the boys 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, as appropriate, the Scout Oath and Scout Law. If the den does not have a United States flag on the outing, ask one Scout to display the flag on his uniform for the group.

TALK TIME (REQUIREMENTS 7 AND 9)

- Carry out business items for the den.
- Ask boys to volunteer 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 the boys 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.

