



## **Cub Scouts Academic and Sports Program – Quick Reference Checklist**

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### ***Bicycling***

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

### ***Belt Loop***

**Complete these three requirements:**

1. Explain the rules of safe bicycling to your den leader or adult partner.
2. Demonstrate the correct fit of a bicycle helmet.
3. Show how to ride a bike safely, using all hand signals and following all safety and traffic rules. Ride for at least half an hour with an adult partner, your family, or your den.

### ***Sports Pin***

**Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements**

1. Record on a chart at least 25 hours of bicycling. (Required)
2. Participate in a pack, den, or community bike rodeo.
3. Demonstrate how to repair a flat tire on a bicycle.
4. Make a poster illustrating different types of early bikes and show it to your den.
5. Demonstrate to your den or pack the use of proper bicycling safety equipment.
6. With the help of a parent or adult partner, register or reregister your bicycle.
7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
8. Repair or restore a nonfunctioning bicycle to a
9. Visit a bicycle race or exhibition.
10. Help set up a bike rodeo or bike competition for your pack.