

cubs



# Halfords

## activity pack

### Leader's notes



halfords

**Welcome to the Halfords Cub Scout Cyclist Badge activity pack. Halfords is delighted to be working with The Scout Association as sponsor of the Cub Scout Cyclist Activity Badge.**

## **Why cycle?**

It's impossible to deny the many benefits of cycling, from the green and healthy aspects to the exercise and freedom it gives us. Cycling can even help us to improve our wider sporting abilities, because it strengthens muscles, boosts co-ordination skills and of course keeps weight down. Cycling has little detrimental impact on the environment, and in today's busy cities and towns it can be a quicker way to get from A to B. All this considered, it's important to ride safely and understand how to maintain a bike.

This resource has a comprehensive programme of activities which, if all are completed, will earn the Cubs their Cyclist Badge and also give them an full knowledge of the importance of bicycle safety and maintenance.

As part of the partnership Halfords' stores are running monthly bike maintenance workshops for Cubs and you might feel it's easier to organise a trip to your local store where they will show your packs how it's done.

## **How it Works**

### **Step 1**

Book your workshop at [scouts.org.uk/halfords](https://scouts.org.uk/halfords) and download the exciting new resource pack from Halfords, all providing detailed instructions on how the Cubs should maintain their bikes and stay safe as they begin their riding experience, and don't forget to look out for the Badge Earners so the Cubs can meet all the requirements of the badge.

### **Step 2**

Take part in the workshop at a Halfords store where your Cubs will be shown the basics of bicycle maintenance by trained experts (if you are not able to attend a workshop, the How To's enable you to take cubs through this element at HQ).

### **Step 3**

Back at HQ work through the remaining 'How to clean and oil a bike' and the Group activities.

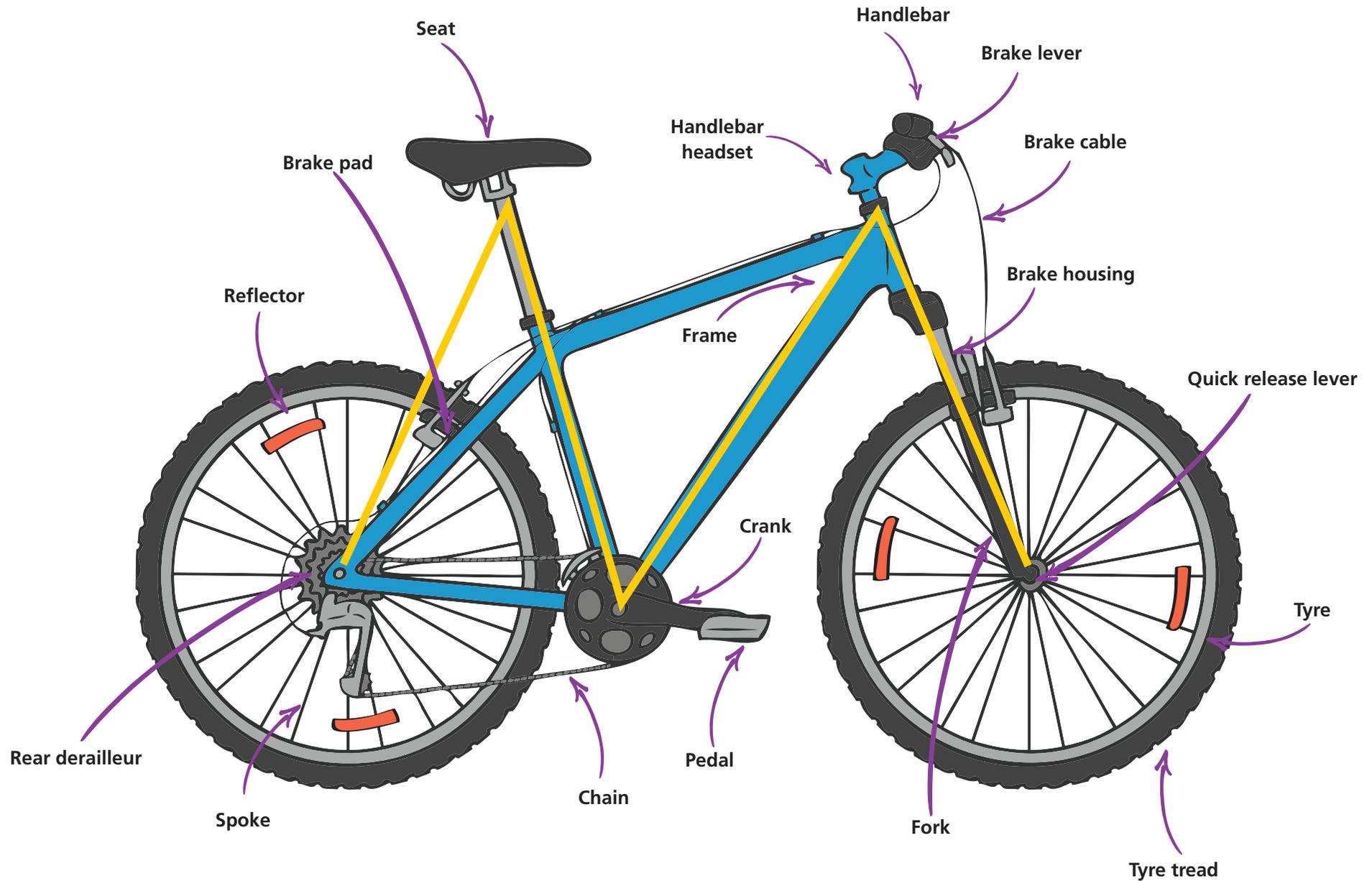
### **Step 4**

Hand out the puzzles activity booklet to your Cubs to complete in the group or take home.

### **Step 5**

Earn their badge.

# The 'M' check



# Puzzle answers

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### Do's

**Wear a properly fitted safety helmet**

To save your life if you fall off

**Keep your reflectors clean**

So that you are visible to road users

**The 'M' check before you go on a ride**

To identify any problems with your bike

**Carry your pump and puncture kit with you**

In case you get a puncture

**Wear bright clothes, preferably with reflective material**

So road users can see you better

**Make sure you lock your bike in a safe place**

So your bike doesn't get stolen

**Make sure your feet touch the ground when you're sitting on the saddle**

So that you can stop safely and keep control

**Make sure you have a working bell or hooter**

To let other road users know you are there

### Don't

**Lock your bike to a parking meter**

The lock and bike can be lifted over short things

**Oil your wheel rims under the brake pads**

Your brakes won't work

**Wear black or dark clothes**

You won't be seen

**Let your bike stay dirty after a muddy ride**

Mud and grit can get into the moving parts of a bicycle and damage it

**Thread your lock through the wheel to lock it**

The wheel can be taken off and the bike frame stolen

**Go for a ride if your brakes are loose**

You might not be able to stop

**Forget your waterproofs when it's raining**

Getting wet can make for a very chilly ride

**Wear shoes that slip easily off pedals**

You could lose control of your bike

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● Correct ● Incorrect



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### Left wheel

chain  
headset  
dustcap  
saddle  
reflectors

### Right wheel

handlebars  
brakes  
saddle  
bell  
tyres





Always carry a puncture repair kit

If your tyres are fully inflated there's no need to carry a pump

As long as you have working bike lights, it doesn't matter if the reflectors are dirty

There's no need to lubricate your chain if it goes round okay

Any scraping noises of wheel against brake pad are probably just temporary and will go away

Make sure your handlebars are straight

Always wear a safety helmet

Make sure your saddle is so high that only the very tips of your toes reach the ground when you're sitting on it

Spray lubricant all over your bike, it doesn't matter where

Make sure you have one bicycle light – at the back or the front

If your handlebars are too high, stand up on the pedals to ride

Pull your brake levers towards the handlebars and make sure they don't go in too far

Tyres do not need much tread if you only ride on the roads and not dirt tracks

Use a soft brush and dampcloth to get rid of dirt

Do the 'M' check on your bike at least once a year

The main contents of a good puncture repair kit are glue, cotton wool, a spanner and tyre levers

Always wear reflective gear

Check your brake pads fit snugly onto the wheel rims

Do the 'pinch test' for your tyres, squeezing the tyres between your thumb and forefinger

Check your tyre pressure with a tyre pressure gauge



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● Correct ● Incorrect

