

Book 1 in a series of practical ideas for Scout Troops

Developed for the Branch Scout Council Victorian Branch

Scout Association of Australia



Practical Program Ideas
for

**Cycling
Scout Troops**

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ACKNOWLEDGEMENTS

State Bicycle Committee; VicRoads; Victoria Police; Sabey & Associates;
Scout Association, Victorian Branch; Ian Donoghue, Bicycle Victoria.

This book has been typeset and printed by Gauntlet Publishing - May 1997
National Library of Australia - ISBN 086766 126 7

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Introduction

Cycling is a naturally appealing activity for Scouts. It provides freedom to travel further and faster and gives a measure of independence that is an essential part of the journey to adulthood. Unfortunately accidents involving bikes are a major cause of death and injury for Scout aged children. (Almost 20% of deaths and serious injuries of this age group are cycle related).

Including cycling in our programs gives us an opportunity to make a difference. In our own way we can give messages about safe road behaviour, fitness and help reduce the accident rate. As well, bikes can provide interest or a theme for achievement in the award scheme and give opportunities for a Patrol to work and develop as a team. Leaders should ensure that, when on cycling activities, Scouts are capable and aware of the safety issues.

This book of ideas has been prepared jointly by VicRoads, Scouts and The State Bicycle Committee. Readers will also find direct sources of resource people and materials suitable for programs.

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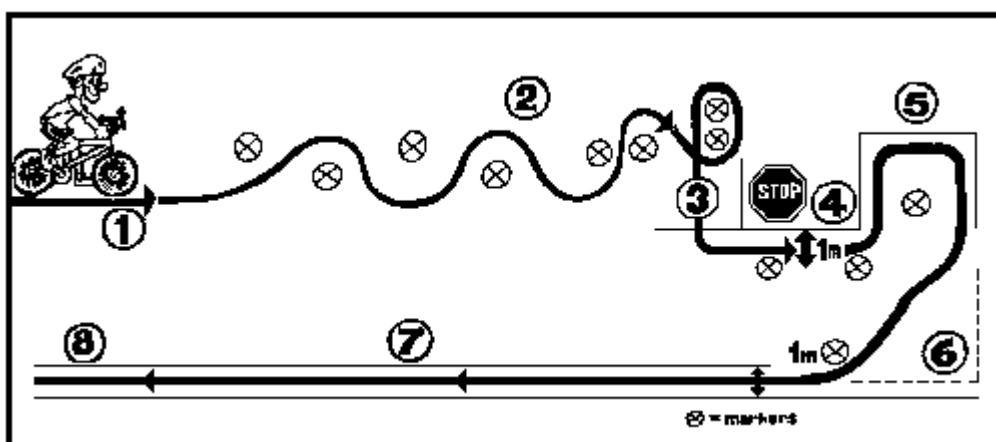
Troop Night Activities

This list of activities are suitable for Troop nights. They could be used for special nights or the lead up to a major bicycle activity such as a bike hike, a Branch Scout run bike activity or a major bike ride organised by an outside organisation. The activities will help prepare for the adventure and are designed to promote safety, reinforce road rules, encourage participants to have a roadworthy bike and build endurance for long distance riding.

Bike Obstacle Course Relay

Using ropes and other objects, leaders make a path around the hall or car park. Scouts ride around the course and are timed for:

- Fastest completion of the circuit
- Slowest circuit
- Lights out version with bike lights only



Legend

- | | |
|--------------------------------|------------------------|
| 1. Start - step mount | 5. U-Turn |
| 2. Slalom with loop at the end | 6. Right Turn |
| 3. Controlled Stop | 7. Straight line scan |
| 4. Left turn | 8. Stop on finish line |

Bicycle Kim's Game

Each Patrol is allowed to view a diagram of bike parts for 60 seconds. This is replaced with an identical diagram with the labels removed. Using paper and pencil, Scouts recall the names of each part on the new diagram. Suitable diagrams are slipped into the back of this book.

Adjusting, Adjusting

With a set of bike tools adjust the handlebars and seat for a particular rider.

Bike Roadworthy

Using an old bike, each Patrol is to give it a safety check such as shown below, and identify the features that make the bike unroadworthy.

Maintenance Check List

Features	Yes	No
Frame: Straight, free of buckles or dents and can be straddled		
Handle bars: Tight, proper grips and sealed ends		
Head stem: Correctly adjusted		
Brakes: Working properly, not rubbing wheel when in operation		
Bell: Present and working correctly		
Saddle: Safe, correct height		
Wheels: Do they run true without wobbles or buckles?		
Tyres: Good tread, pumped up correctly		
Tyre Valves: Straight		
Pedals: Good condition, spin freely		
Chain: Tight, lubricated		
Gears: Change correctly		
Reflectors: Clean, present on front and back		
Lights: Working, correct angle		

Road Rules

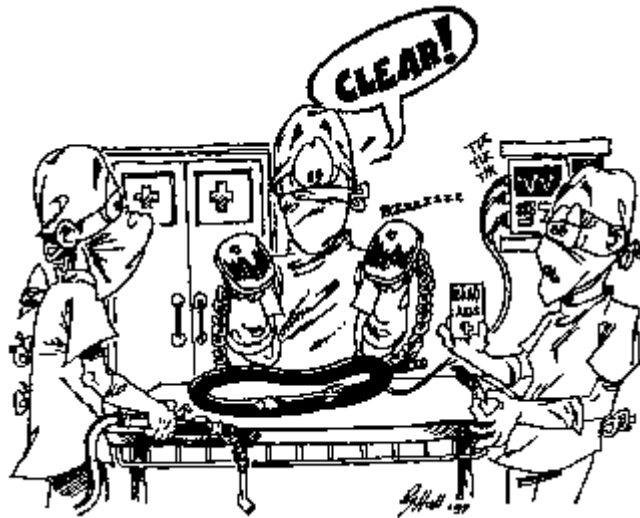
Using a series of posters showing traffic on the road, each Patrol identifies which vehicle has right of way in each situation. A set of posters is slipped into the back of this book. Use a photocopier to enlarge them to A3 size and tack them up on your hall wall.

River Crossing

This activity involves getting a bike across a 'river' with the banks marked by ropes on the ground. The front and rear wheels are to be removed then, using ropes, the wheels and frames are to be transported across the 'river'.

Once across, the wheels are replaced on the bike, which then has to be ridden a short distance across a finishing line.

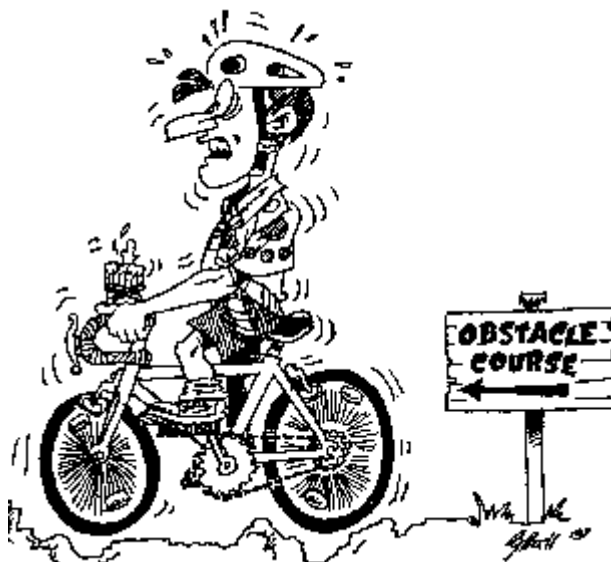
Puncture Repair



The Patrol remove a wheel, find the puncture, repair it, then replace the wheel, pump it up and ride it around the Scout Hall. This should be done carefully and should not be conducted as a race.

Smooth Bike Ride

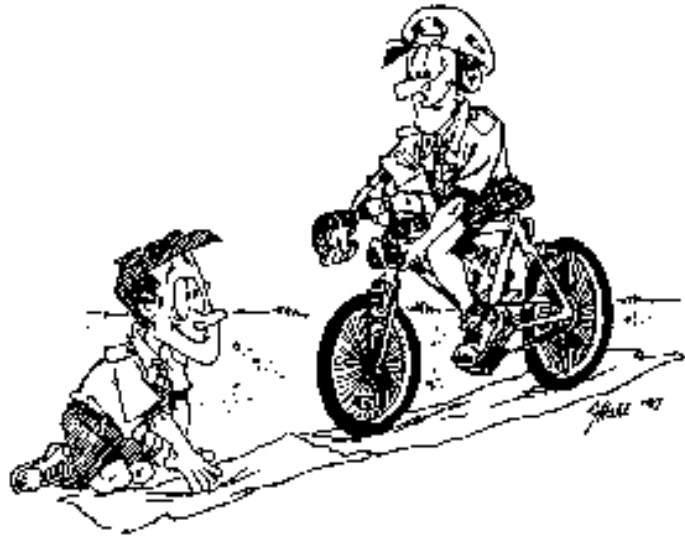
With a plastic tumbler or mug mounted on the front handlebars, Scouts ride around a course without spilling any water.



Exercise Bike Relay

Using an exercise bike, Scouts sprint a distance of 300 metres. When one distance is completed the next Scout has a turn. Continue until all Patrol members have participated. Fastest patrol time wins.

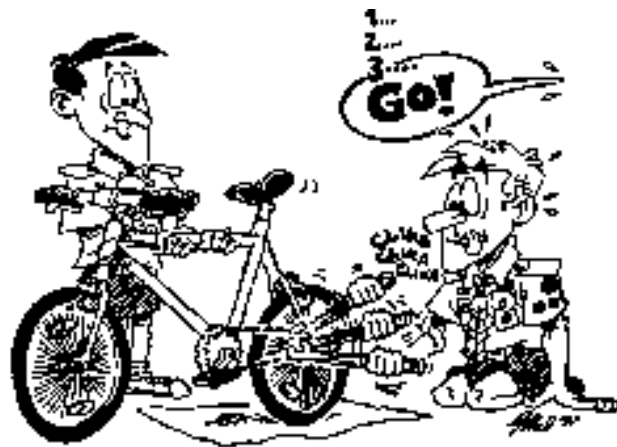
Stepping Stones



Place end-to-end two sheets of 'The Age' or other tabloid newspaper. Sticky tape them together. Repeat with a second pair of sheets. With one rider on the bike, the other Patrol members place the double sheets on the ground. The bike is placed over the first sheets, which are the 'stepping stones'. Once the game begins, the second 'stone' is placed in front of the first and the bike can roll onto the new 'stone'.

The Patrol members get the 'stone' that has just been ridden over and place it at the front. The bike is rolled from one 'stone' to the next until it reaches the finish line. Rider should not put a foot on the ground. Toe clips should not be used whilst undertaking this activity.

Wheel Swap Race

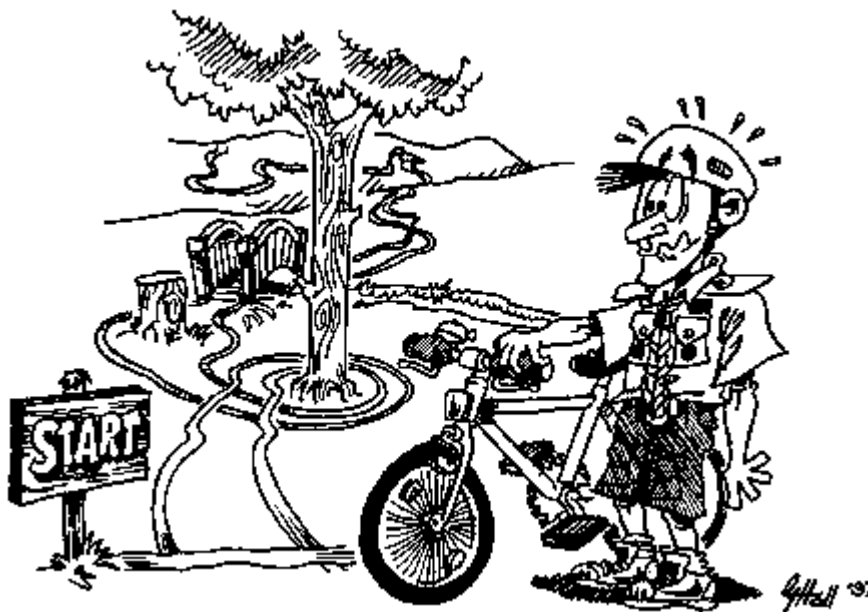


The Patrol is to remove the rear wheel, including the chain, and replace it in working order. (Provide rags and soap to clean hands afterwards).

Bike Activity Hike

This sort of activity can be organised by a Troop, though, because it requires a number of bases, it is suitable for a District Activity. Thought needs to be given to the safety of the route, avoiding too many Patrols at each checkpoint and safety preparation beforehand. Stunts should not be on roads. Helmets must be worn and Scouts should be encouraged to wear hand and eye protection and fully enclosed footwear. Toe clips should not be used. Activities last between 15 and 20 minutes each and Patrols cycle between each place. Points can be awarded to introduce element of competition.

Precision Riding

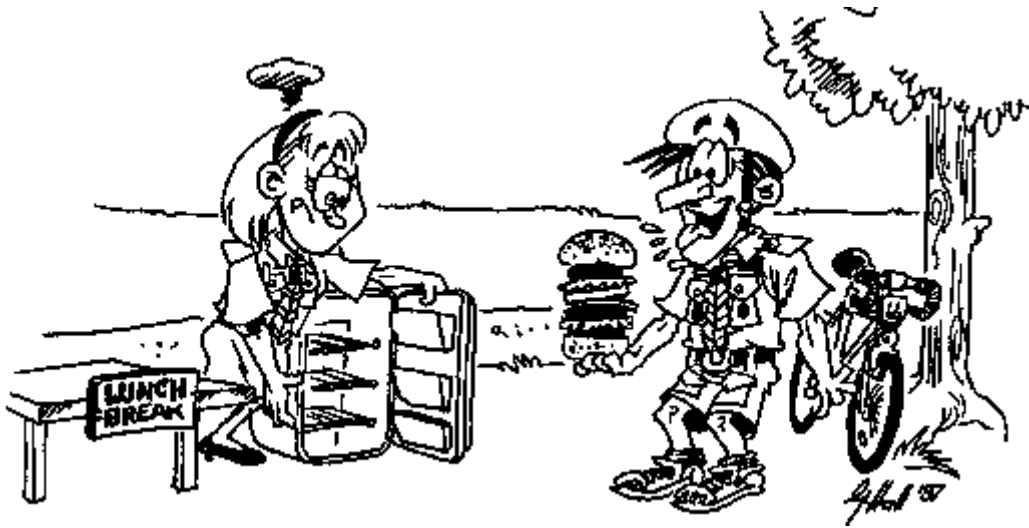


Set up a short but tricky course, narrow and requiring great skill to stay within the boundaries. One Patrol member at a time rides through the course, with the whole Patrol being timed. Deduct points for each indiscretion.

Time Trial

Over a marked course time how slowly the Patrol can cover the distance without setting down a foot or stopping. Note the time of the slowest member and the whole Patrol. 5m is ample distance.

Lunch Making



Whilst on bikes, without touching the ground, Patrol prepares lunch. For example, the ingredients for a sandwich maybe at various points. Patrol members need to ride to each point pick up their cheese, bread, lettuce, tomatoes, etc. Points can be awarded at the beginning and lost if food is dropped. Bonus points could be awarded for completed task. Safety considerations should be observed when carrying food.

Brake Test

Scouts start about 60m from a rope finishing line. When they are within about 7m of the line the organising leader blows a whistle and the Scout must stop as close to the line as possible. Scouts should stay in a straight line and avoid skidding to one side.

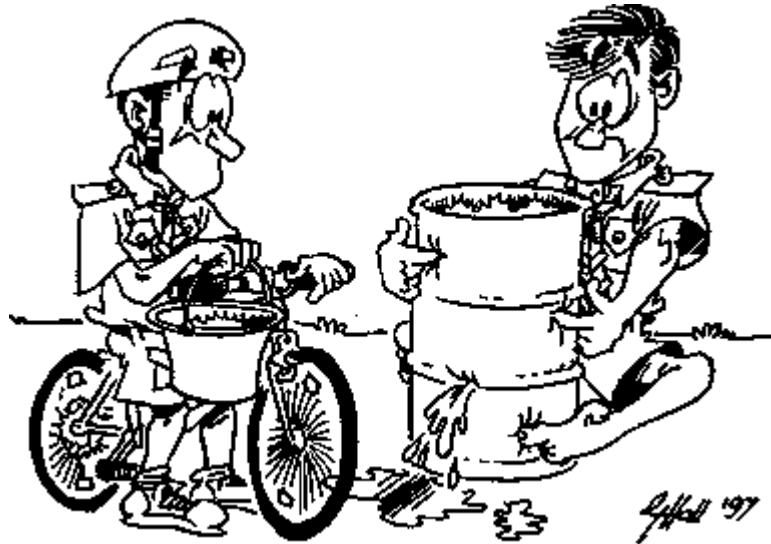
Cooking a Meal

Patrol members cook a meal on supplied equipment with some part of their body in contact with their bike. The meal should require at least three members and take only ten minutes to cook. Using small hike stoves can increase difficulty.

Leaking Bucket

Supply one large drum with holes drilled through to allow water to leak out and 2 to 6 buckets with handles.

The drum is placed about 60 metres away from the water and Patrol is to see if they can overflow the drum by riding with the buckets between the water supply and the drum. Warn about safety before you begin.



Do not rule out creative solutions such as plugging the holes or having a Patrol member climb into the drum.

Base to Base Time Trial

Patrol is given set time to move between activity bases. Maximum points are awarded for exact time and score reduced for every minute the Patrol is late or early. This is a good way to make sure the Patrols don't pile up at an activity.

Bicycle Canyoning

Set up a traverse over a dam, gully or creek to which Scouts can attach themselves and their bikes. Scouts should work out for themselves how to solve the problem of attaching the bikes and returning the pulley. The activity could be timed or a time limit set.

Bike First Aid

This is best done for fun and learning rather than as competition. Points can be given for participation only if necessary. Supply a bicycle that is in need of lots of maintenance or one that the owner does not mind being pulled apart and put together again.

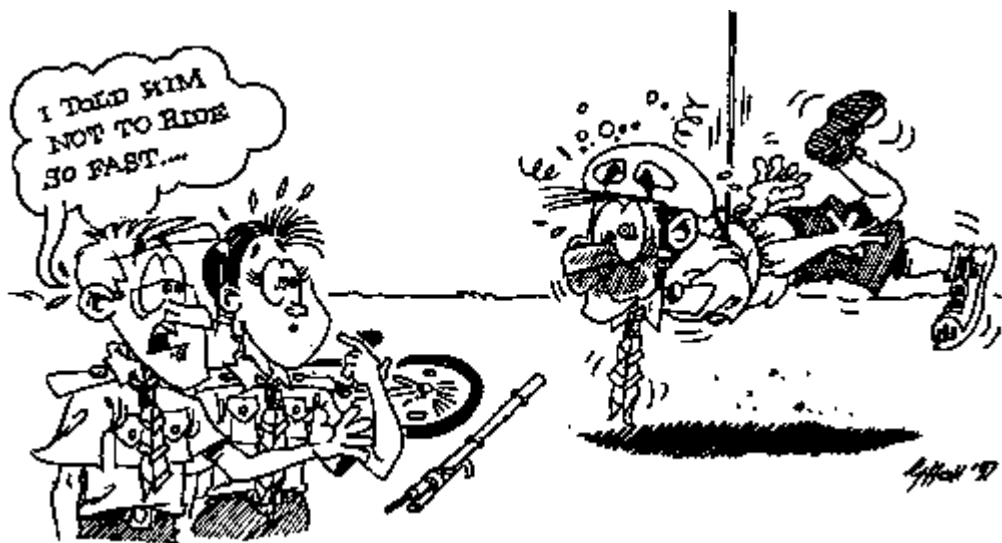
When the Patrol arrives they are guided on how to repair and do maintenance. All tools and materials should be supplied. Activities could include:

- Pulling apart and regreasing sections; bearing in hubs; crankcase; gear systems; repair of buckled wheels; broken chains and so on.

The person running this activity must have the skill themselves.

Knights on Bikes

Suspend a large key ring or small quoit by cotton about 2m above the ground. Using an auto tent pole with a tent peg taped to it, Patrol members ride their bikes forward and try to hook the ring. Try to tape the peg so that it prevents the ring sliding down the pole. Difficulty can be altered by changing the size of the ring. Give each Patrol member a set number of turns. Emphasise safe riding before you begin. Precision and not speed should be encouraged with this activity.



Street Riders Wide Game

Many Wide Games can be adjusted so Patrols use their bikes, especially during Daylight Saving Time. This one uses the basic elements enlivened with signs based on the U.S hobo's secret codes.

Organisation

- Choose 4 Scouts' houses well separated and ask the parents to be involved for the night.
- Decide on a place in your hall where you can hide the loot (jar of jellybeans etc). Draw the location or make a map onto a piece of card or lino tile (this is the tablet'). Make sure the drawing is clear but meaningless unless completely assembled. Prepare a tablet'; for each Patrol then cut each 'table into four 'tokens'. Write the Patrol name or a special letter on the back of each set of tokens.
- Copy this brief for each house and give it, with one 'token from each tablet', to the parent.

Brief:

*The Scouts will come to the door and ask; **Are you the Token Keeper?** Ask for someone to answer the door. It doesn't have to be the person designated as the 'token keeper', but the keeper should answer the door the second time.*

*If you **are the Token Keeper say 'yes'**. If you are **not, say 'no'** and close the door. If you are the Token Keeper the Scouts will ask **Can the Patrol have one token**, then you may give them a 'token'. Give them a token to match their Patrol.*

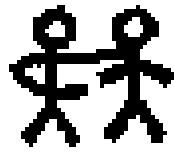
Say you don't understand and close the door if they do not ask the correct question!

- Use the clue sheet master from page 13 or write them on a piece of cloth for realism. Write in the name of each house where 'tokens' are held.
- Write the finishing time on the instruction sheet opposite and copy it.
- Copy the Cipher sheet (Page 12) and Clue sheet (Page 13) for each Patrol.
- Make sure each Patrol gets the three sheets at the start of the game. You may even ask the local police or Bicycle Squad to patrol the game area to add some fun, but you should be patrolling the area yourself. Make sure the Scouts are keeping out of trouble and monitor their safety.
- When introducing the game, being enthusiastic and energised will help set the mood for the game. Be imaginative and interesting.

Wide Game



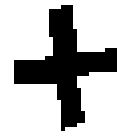
ARE



YOU



PATROL



**PLUS
ALSO
WITH
HAVE**



CAN



WALK



RETURN TO



ONE



THE



YES



NO



HOUSE



AWAY FROM



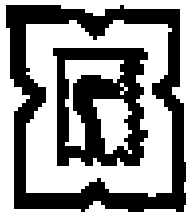
**TO
TOWARDS
WILL BE**



WITHIN



TOKEN



TOKEN KEEPER

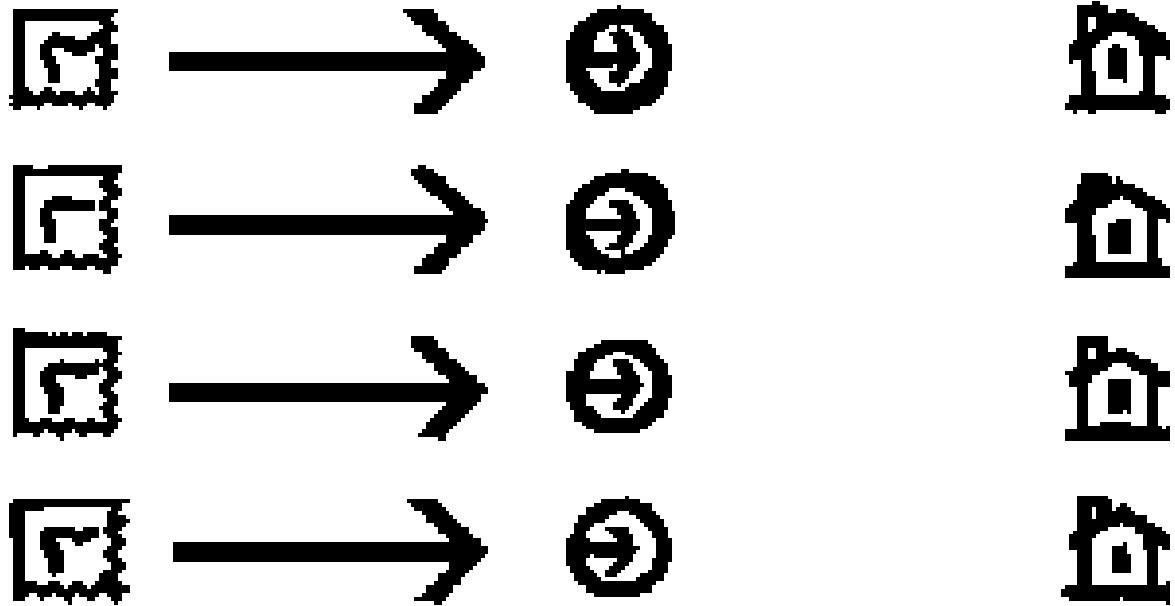


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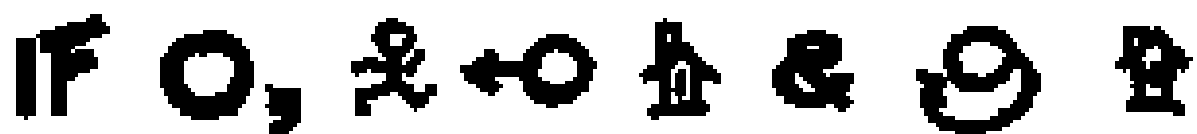
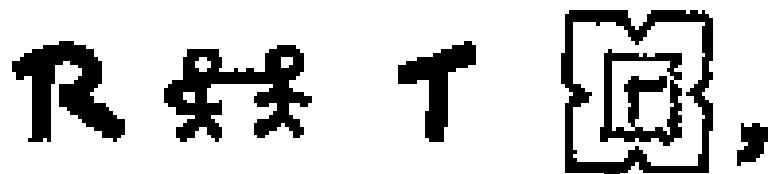


**SPEAK
ASK**

CLUES



QUESTIONS



'This is an Emergency!'

All good leaders can prepare their Scouts for possible emergencies on any bike activity. Bike activities present an ideal opportunity to provide some meaning to the *Emergencies* or *Citizenship* badge work, so leaders can sign *off* each test as it is accomplished.

A few weeks before the bike activity, organise a special Emergencies Night or pace the activities across a few troop nights. As with all first aid, prevention is the best cure, and so any discussion should mention ways to avoid each injury, especially when travelling in a convoy or riding across gravel roads.

Leader's Plan of Action

Bike activities introduce unique problems that require forward planning. Here are some ideas to consider:

Record the details of the nearest doctor/hospital

Check out the route beforehand and identify potential dangers.

Many bike track pamphlets list special features or dangers to avoid.

A few weeks before the event, run a bike roadworthy and clothing check, noting the following:

Bike Roadworthy/Helmet Check Sheet

Refer to pages 3 and 35 to check bikes and helmets

Clothing Checklist

No jeans	
Loose fitting clothing	
Warm change of clothes	
Helmet. Hats should not be worn underneath helmets but the back of the neck needs to be protected from sunburn	
Eye protection	
Hand Protection	

Biking Precautions

Encourage the Scouts to ride single file, with regular changes to the order.

Split the Scouts into 3 groups; Fast, Medium and Slow.

Toe Clips are commonly used by cyclists in road races, but are considered dangerous on gravel roads and should be avoided.

Emergencies Troop Activities

Run a series of 'Round Robin' activities in various positions around the Scout Hall. Assign Patrol Leaders to run an activity and be the 'victim' that each Patrol will treat. Some time spent in make up and preparing an accident scene will add realism and create an atmosphere of fun. The details on how to treat each injury can be found in any First Aid Handbook, such as St John's or Red Cross, but here are some topics to cover.

First Aid Night Equipment

Triangular Bandages
Roller Bandages
Cotton Wool
Thermal Blanket

Cuts and Abrasions

Very important, since this is a common bike injury following a fall. Concentrate on the areas of palm of the hand, elbows and knees, but other areas could include the chin.

Clothing protection of elbows and gloves may help reduce damage to skin.

Blisters

These can be easily avoided or damage can be minimised with prompt action.

Broken Arm

No First Aid session is complete without this First Aid injury. Use your Scout scarf or bring a swag of triangular bandages.

Variations may include an upper arm break or a fractured collarbone.

Sunburn/Sunstroke

Supervise rigorously and make sure precautions are taken.

Hypothermia

Bike riding in the cold can cause some special First Aid problems. Your back becomes hot and wet, while the rest of your body can be quite cold. Hypothermia is dangerous and can occur when the body loses heat when wet and cold. Being well prepared with warm clothing may prevent the condition, but a change of clothing should be available to change into once riding has stopped.

Dehydration

Bicycle riders need to drink plenty of water regularly.

Eye Injuries

Common bike activity injuries to the eye include the following objects: Insects, dust, grit or loose eyelashes. It is highly recommended that Scouts wear eye protection, such as sunglasses.

Review your First Aid Kit

Run a check of the condition of the Troop's First Aid gear and replace any missing items.

The St John Australian First Aid book has an excellent section on Traffic Accident injuries that would worthwhile reviewing. For the more advanced Scouts, you may wish to include facial or chest injuries.

Fun Night Activity

You all know the board game Monopoly. Well this is the same game except the participants ride around on bikes instead of sitting in a living room this version is played outside for active physical exercise and ego feeding fun.

To put this extended version into play you will need to enlist the services of a number of parents or families. Holding a Cub & Scout Night and inviting parents to attend can achieve this; holding a Group Barbecue and playing the game as pre-barbie entertainment; having a combined night with another group. Whichever way, you can help from the parents. You are going to need at least 16 happy helpers.

This game is best played in a safe environment such as a large park with an oval etc. and during daylight hours. You may start earlier on the night than you normally do or you could hold the event on the weekend.

You could even advertise the game as Bikeopoly, Scoutopoly or whatever, if you need to hype it up a bit to develop interest.

Set up the eight tables evenly around the playing area so Scouts can ride in a clock-wise direction as in the board game.

You will need to obtain 8 Monopoly sets and place one board on each table along with two copies of the Real Estate cards for the corresponding properties.

Table 1

Go
Old Kent Road
Community Chest
Whitechapel Road
Income Tax

Table 2

Kings Cross Station
The Angel Islington
Chance
Euston Road
Pentonville Road

Table 3

Jail
Pall Mall
Electric Company
Whitehall
Northumberland Ave

Table 4

Marylebone Station
Bow Street
Community Chest
Marlborough Road
Vine Street

Table 5

Free Parking
Strand
Chance
Fleet Street
Trafalgar Square

Table 6

Fenchurch Station
Leicester Square
Coventry Street
Water Works
Piccadilly

Table 7

Go To Jail
Regent Street
Oxford Street
Community Chest
Bond Street

Table 8

Liverpool Station
Chance
Park Lane
Super Tax
Mayfair

Have at least 2 adults per table. Each Table will need a bank and a set of dice. Divide the houses and hotels into 8 piles and give one pile to each table. Table 3 may like to have a jail to put Scouts in for fun. Each table will need one ice cream container per Patrol playing to place rent money in.

Fun Troop Night

Give each Patrol \$1,000.00, then divide the rest of the money between the tables. All money collected from Chance and Community Chest should go into the bank. The Chance and Community Chest questions can be made up with special questions on bike safety points. Playing cards with blank stickers over the face can be used to make the cards. Place the cards on the relevant tables.

When a Patrol buys a property, they receive one real estate card and the table looks after the rent collecting. The table will need to keep notes on which Patrol has bought each property.

Apart from the changes listed, all the normal rules apply. The game continues until one Patrol goes bankrupt or after a set time.

SAMPLE CHANCE AND COMMUNITY CHEST CARDS

Go Back 3 Spaces

Pay Subs of \$15.

Advance to Pall Mall. If you pass "GO", collect \$200.

Service fee on Bicycle. Pay \$10 for each Bike.

Job Week, collect \$50.

Good Riding Award, collect \$25.

You have come second in a safest bike competition, collect \$10.

Fundraising Refund, collect \$100.

Pay \$50 for Road Tax.

Ambulance Fund, pay \$20.

Recite the Scout Promise

Go directly to jail, do not pass "GO", do not collect \$200.

This card may be kept until needed or sold.

Get Out Of Jail FREE.

Advance to "GO" (Collect \$200.)

Bicycle Safety Check. Check Helmets
Brakes, Loose Parts, Tyre Grip & Pressure. \$10 payments for each infringement.

Questions:

\$100 for correct answers,

\$10 fine no answer,

\$50 fine for incorrect answer.

Look for score sheet at the end of this book.

Q. What do you call the arm that the pedal is connected to on your bike?

A. Crank

Q. What is the front wheel on your bike connected to?

A. Forks

Q. What do you call the bracket that holds the handlebars?

A. Gooseneck.

Q. What is the name of Australia's World Champion ... Neiwand?

A. Gary.

Q. Who founded the Scout Movement?

A. Baden Powell.

Q. To pass test 8 in Campcraft Pioneer, how many nights under canvas must you camp?

A. Four


Q. In Australia, are you allowed to ride on the footpath?

A. No.

Q. Do cyclists have to stop at STOP signs?


A. Yes.

Obstacle Course




OBSTACLE COURSE

This course will surely test your bicycle riding skills!

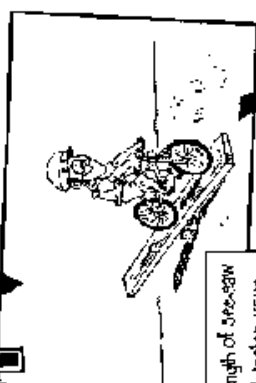


Obstacle Course

Obstacle Course



1 **START**



2


Ride length of one-way without touching your balance.

3

Lean around ice-cream containers without knocking them.

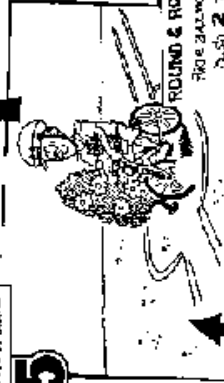
4

2-TURN FRUITS: Complete 2 turns in turning areas provided.




5

Pick things out of basket, ride around figure of 8, & replace things in basket.



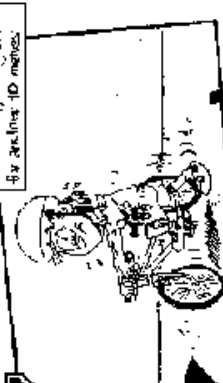
6

CAUTION ~ Low Obstacles Ahead!




7

Shoot for 10 inches & five feet, you try now for another 10 inches.



8

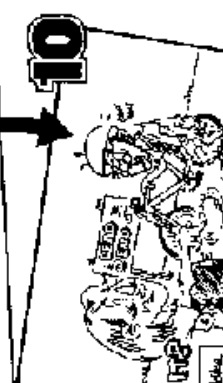
HOLD ON TIGHT! Rough Surface on the Track!



9

FINISH COURSE

STOP! Get off the bicycle, turn around & do obstacle course again in reverse order!



10

Chris H. 10/01/09

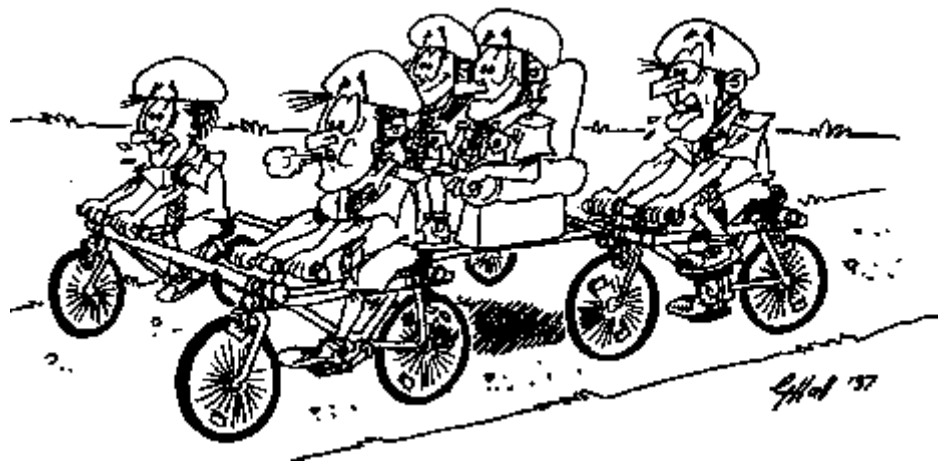
Activities

Bike Pioneering

These activities can be used in conjunction with the Construction Target or help Scouts pass some of the knotting requirements. Safety is a first priority and leaders should ensure structures are safe before Scouts try them out. Remember that the inventions are strictly "off road vehicles". Safety gear, including helmets, must be used on this activity.

Car Race

Using light spars or tea tree and cardboard, get each Patrol to build a frame of a car to fit onto four bikes. Each Patrol should be able to ride their car around an oval or course. There should be seats organised for the extra Scouts who are not actually riding the four bikes.



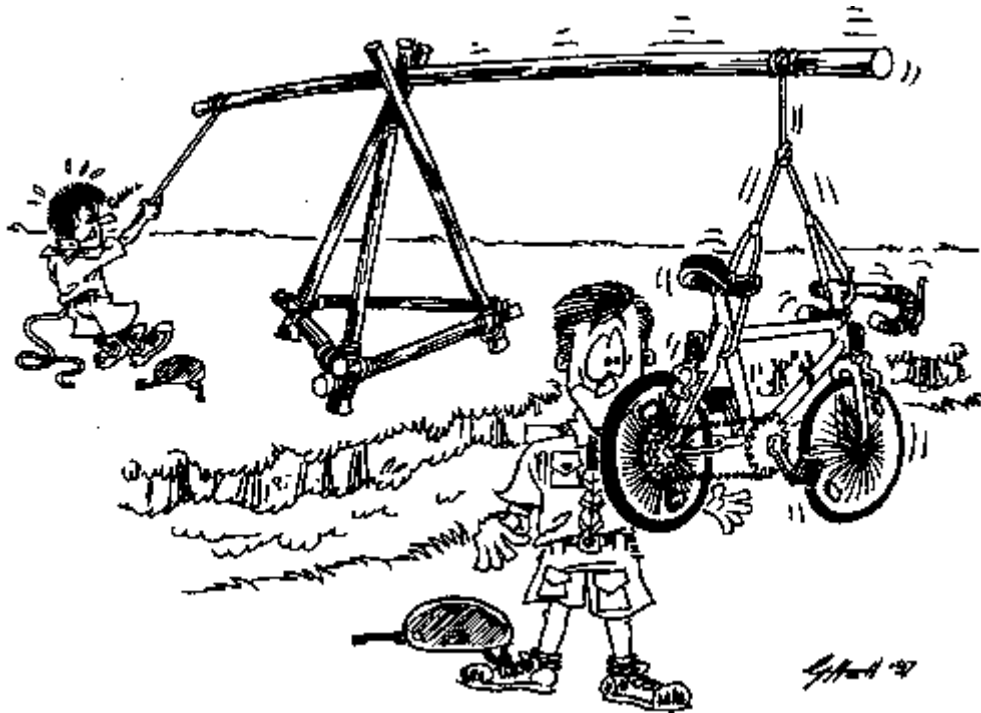
This activity may take a couple of nights to complete.

Ambulance

Supply the Patrol with light spars or stakes and arrange for one of the members to have a "broken leg" and grazed elbow or thigh. The Patrol must use the supplied equipment and their bikes to make an ambulance to transport the patient to help after having first treated the injuries.

Bike Crane

Using spars and lashing ropes, the Patrol design and construct a crane to lift and carry their bikes across a canyon or creek. 4 x 4m and 3 x 3m poles and 10 lashing ropes should be plenty of equipment. One solution would be a tripod with an arm pivoting on the top or suspended below the lashing.



Chariot

Ask each Patrol to build a chariot that can be towed behind two bikes. The chariot should be able to hold one person.

Exercise Bike

Patrol build a tripod with bike suspended at least 10cm above the ground, which can be used as an exercise bike.

Bike Challenge Course

Remember the idea for the PA Badge must be worked out and taken to the Troop Council for approval first. This can be a very short meeting of the Council before, during or after an ordinary meeting.



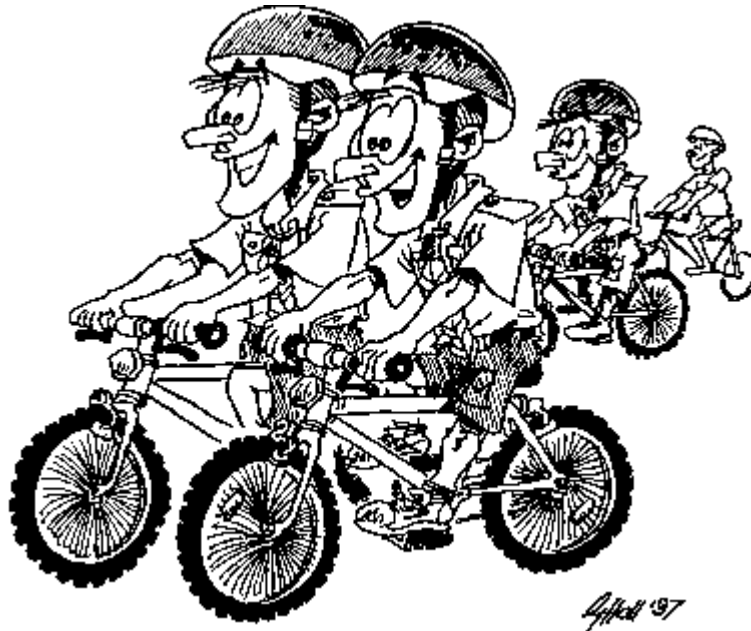
Plan and Run a bike obstacle course

You could choose one of these or devise your own.

- Decide who you will be running the course for
 - A Cub Scout meeting night, District activity day or Pack holiday
 - A special Troop night or camp
- Plan the activities (see page 14 of this book)
- Organise building the course, safety and supervision, rules for participants, organising bikes, cleaning up

Ride & Ride& Ride& Rid....

Remember the idea for the PA Badge must be worked out and taken to the Troop Council for approval first. This can be a very short meeting of the Council before, during or after an ordinary meeting.

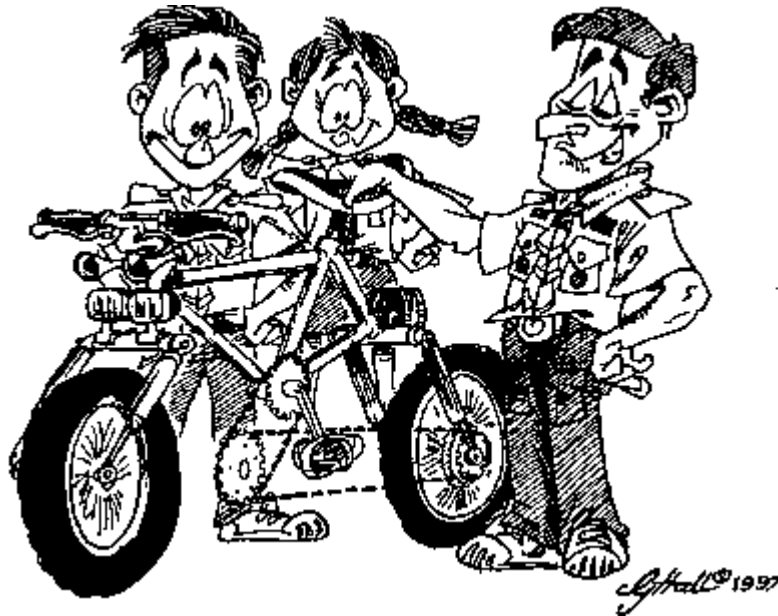


Take part in a major cycling event

This could be an event organised outside Scouts or especially for Scouts. Check page 26 of this book to see the places where you could be riding. If you have access to the Web check for details of what's available try the Bicycle Victoria web line <http://www.sof.com.com.au/bicycleVic/> Check page 27 of this book to see about preparing yourself for the event. Work out what things you need to take and what support backup you will need. This could count towards Campcraft Target journeys.

Recycled Bikes

Remember the idea for the PA Badge must be worked out and taken to the Troop Council for approval first. This can be a very short meeting of the Council before, during or after an ordinary meeting.



Build some sort of bike

You could choose one of these or devise your own.

- Buy (or otherwise legally acquire) a stack of old bikes and pieces. From these build new bikes, paint them and sell them for Patrol funds.
- Build a penny-farthing
- Build a mountain bike for the Patrol to use in camp
- Build a tandem or bike to carry more people, maybe with four wheels
- Design and build a motorised bike

The Patrol will need to organise a place to store the bits and pieces and to work on the project. This could be someone's garage or a secure place at your hall.

This is a good opportunity to get in some practical welding. If you don't track down an adult through your Patrol or Troop ask your Scout Leader to find someone through District.

Don't forget safety e.g. brakes, correctly adjusted handlebars, secure wheels and all that stuff.

Major Events

Major Cycling Events

If your Troop is intending to develop a bicycle program you may want to look at something further a field than just your Troop night. There are many options you can explore to find something new and exciting. Where possible contact other Scouts who have participated in cycling events. These could include:

Group, District or Region Bike Hikes

Keep your eyes and ears open to see what already takes place. District meetings and the various Bulletins are a good place to look. Ask someone who has been for hints and ideas - it could save you a lot of work.

Formula Bike

This spectacular, well-organised bicycle team event is a great way to involve your Troop in a highly successful Scouting activity with the added potential of raising funds through lap sponsorships. It is held at the Sandown Motor Racing Circuit in May each year and full details are available in the Info Book.

Bicycle Victoria

Bicycle Victoria, 19 O'Connell Street, Melbourne 3001 - Phone: (03) 9328 3000

Bicycle Victoria offers a full range of rides and activities as well as having the most comprehensive listing of bicycle related contacts in Victoria.

Why not organise your Scouts to participate in the Great Victorian Bike Ride and Easter Bike as individuals, Patrols or as a Troop?

Victorian Cycling Inc.

Phone: (03) 9328 4391

This is the organisation to contact if you have Scouts interested in participating in competitive cycling events at any level of experience or ability. Even if you are not actually competing it is a great experience to go along to an event and check out the action.

Local Government Authorities

Many of the local councils or shires have bicycle resources or they offer bike programs in the local area. The best place to start is the recreational section of your local municipal office.

They should have current contacts for any bike related activities in the area.

Commercial Companies

Several commercial operators offer a variety of programs. They include Off Road Cycling Adventures, MAD Rides, Peregrine Expeditions and World Expeditions.

The telephone directory or Bicycle Victoria is the best places to get contact numbers.

And

See page 34 for VicRoads resources as well.

Major Events Checklist

Before going on a bike hike or participating in a big cycling event, you must make sure you and your Patrols are well prepared. Use this list to see if you are!

1. Preparation and lead up

- Consult your experts (see Resources) in advance
- Cover basic riding skills (i.e. Scanning, balance, braking, steering, group riding).
- Plan the ride (meets the needs of all) should include a prior visit and trial by leaders
- Training (are the riders ready - different training is required for 10km compared to 100km) Develop a schedule.
- First Aid training.
- Make sure the relevant people know where you are going and that you've done the paper work.
- Ensure parents and Group Leader know your planned route and campsites.

2. Equipment Check

All Riders

- Helmets (Check List on page 35)
- Bikes (Check List on page 3)
- Tools (includes repair kit and pump)
- Water bottle (at least one - two for country trips)
- Clothing (comfortable shorts or cycling knicks) gloves, sunglasses, lightweight waterproof jacket.
- Sunscreen

Leaders

- First Aid kit
- Emergency contacts
- Mobile Phone
- Toolkit (tape, screwdrivers, allen keys, open end spanner, puncture kit, levers, 13mm spanner)
- Support vehicle
- Water
- Food

For more information contact your VicRoads Co-ordinator (see Resource list) or Bicycle Victoria - Phone: (03) 9328 3000.

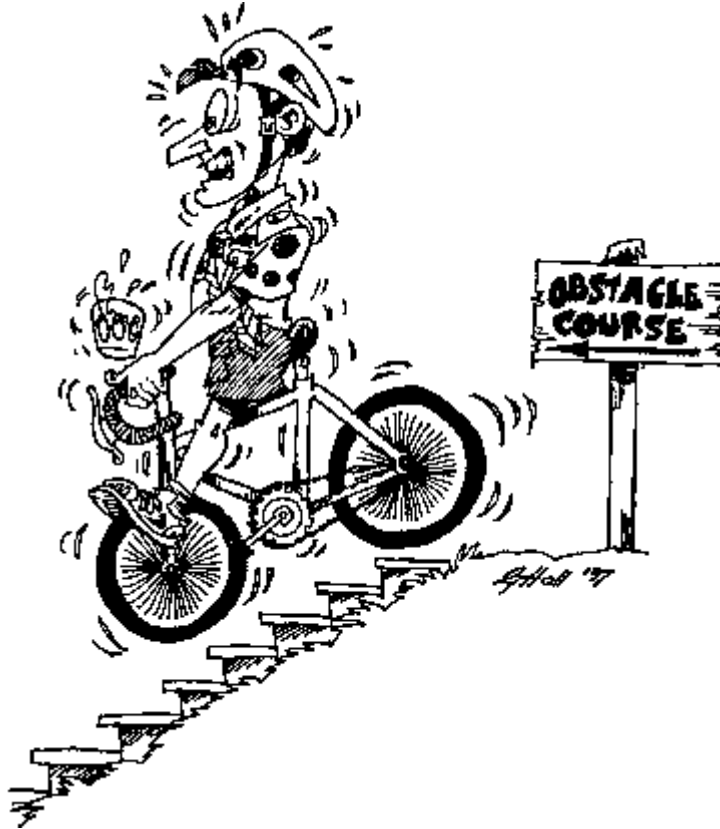
Get someone to talk to you

Having someone along to Scout night can be a great way to get a point through to the Troop. Here are a few planning tips:

- Have your visitor working with one Patrol at a time - this gives chances for all Scouts to ask questions and improves behaviour.
- Use a base system for the night. Using 25 minutes per base your night could include some of these:
 - visitor
 - active game
 - helmet check with the PL
 - bike check or bike engraving
 - bike activities
- If you are working in daylight saving time you could have the Patrols move from point to point on their bikes using outside locations and finish back at your home base with a video for the last twenty minutes.
- Alternatively you could have a special bike activity day at a suitable location away from your hall.
- Contact your visitor well beforehand, arrange the topic and tell them about the evening's organisation. It is best that you know what you want before you make contact.
- Have a PL organised to say thank you at the end.
- Amongst possible topics are:
 - Bike maintenance
 - Emergency maintenance on a bike hike
 - First Aid - grazes, sunburn, broken arm, etc.
 - Preparing for a major bike activity - fitness, gear, route planning, group riding
 - Body care for a bike trip - food, water, fitness, and sun gear
 - The work of the Police in relation to cyclists
 - Road rules and road safety for cyclists
 - Group riding - safety, techniques, care for others rather than leading into trouble
 - Knowing personal limits - bike control, limitations of bikes, motorist behaviour, strength, skill development, risk minimisation.

Spot the Mistake

Look closely at this picture and you will see a number of mistakes related to safe riding. Make a list as a Patrol - score five points for every one you find.



Note for Leaders

This is a good time filler for a bike night where your Patrols are in a 'round robin' activity night. You could give them this sheet as a spare time activity and it will fill any spare time that crops up. You could "blow it up" to A3 on a spare photocopier.

On page 4 is a picture with errors corrected. If you have a group of kids that need extra help you could show them the second picture and have them spot the difference.

For your benefit the errors include:

- * Helmet not horizontal
- * Helmet strap in front of ears instead of around them
- * Feet are off the pedals
- * No rear brakes
- * No reflectors
- * No bell (in either)
- * Saddle not straight
- * Riding down steps is not good for bike
- * Loose plastic tumbler (glass!) means both hands are not on handlebars

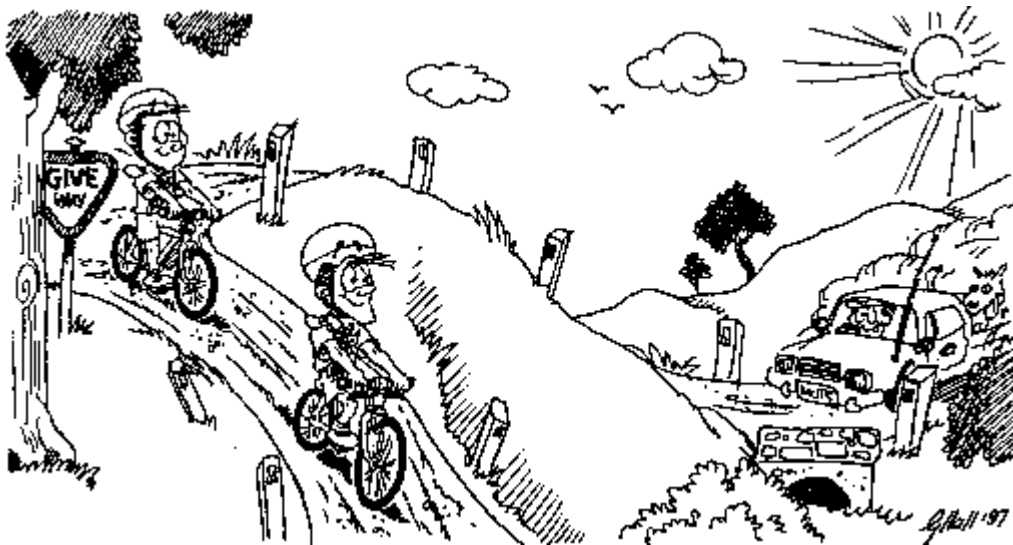
And there are a couple of extras for those of you with eagle eyes.

Places to Go

Travelling by bike, like ordinary hiking, appeals to our Scouts' sense of adventure and desire to see new places and try new things. There is an ever-expanding network of bike paths in Melbourne and rural areas, which provide a safe alternative to cycling on, busy roads and are ideal for use by Scouts.

Biking up Bush

- Why not pile a Patrol, along with their bikes, onto a train and head for a country centre?
- Try cycling with day gear and use a trailer to take overnight gear to your campsite.
- Contact a Troop in the area you want to explore and organise with them to show you their bit of country and you reciprocate. Next Jamboree would be a good place to make contact or you could even use cycling as a pre-Jamboree activity.
- Many country areas have maps and information about cycling tracks - contact the municipal offices and ask - they're keen to attract tourists.
- The Rail Trail initiative has been quietly converting old railway lines to walking, horse riding and cycling tracks. You can contact Parks Victoria at East Melbourne for more information Try (03) 94124245.
- Try linking your cycling to other activities such as fishing, caving, abseiling, air and water activities.

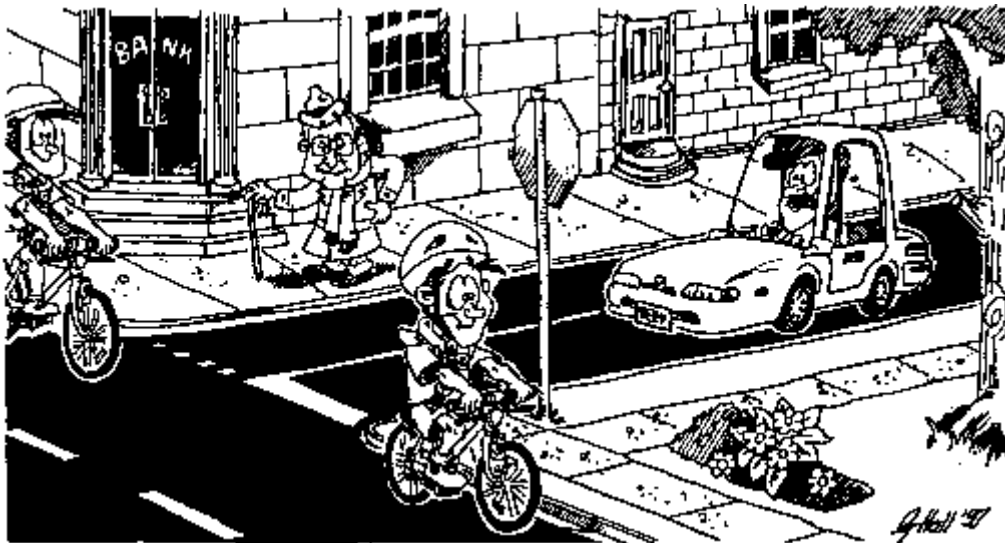


Biking in Melbourne

Both city and country Patrols and Troops should give this serious thought.

There are plenty of opportunities for mapping and navigation and camping in and around Melbourne which will provide excellent variety to your usual programme.

- Country Troops could link up with metropolitan groups and use their halls as a base -the Info Book lists a couple, but there are plenty around with showers and cooking facilities.
- Metro Troops could explore the other side of the city or follow paths radiating from their own locations.
- Include some of the city facilities as you go - canoeing on the Yarra, sailing at Sandringham, shopping or even a movie at one of the big shopping centres.
- Use public transport to get you to the start and back again.
- The best information about cycling paths is through Sabey and Associates (3/31 Malmsbury Street, Hawthorn). Their excellent '*Discovering Victoria's Bike Paths*' has clear, coloured maps and comprehensive track notes. It is well worth its \$15.95 price tag and is available through newsagents and other book outlets. The new edition is scheduled to be published in November 1997.
- The booklet is regularly updated with changes and new paths. Another of their publications is 'Bike Wise' which also has maps of Melbourne and some other Victorian cities.
- They also publish bike routes for Sydney, New South Wales and Canberra if you are really looking for an adventure.



Leader Training Nights

These two programs will be suited to District leader training nights and Mindari's. They could be run by the DSL, a knowledgeable section leader or an expert asked along to the meeting especially for the task. It would also be a useful activity for a training session with Patrol Leaders. Run the session at the beginning of your meeting so that visiting helpers are not held up and leaders are fresh for the session.

Program 1.

Time: 30 minutes

Equipment: 5 'horrible example' bike helmets and several good ones of various sizes. Resource pamphlets from VicRoads and resource kit.

1. Introduction (5 minutes)

This message could be supported with a chart giving the main points or graphs showing the statistics.

- Cycling is an activity that has enormous appeal to our kids.
- The biggest cause of death and serious injury to young people of Scout age is road related with cycling accidents being a major component.
- If we promote safe cycling we can have a major affect on road safety.

2. Helmet check (10 minutes)

Leaders are divided into small groups and examine a 'horrible example' helmet and make a list of the flaws. After a short time the groups come together and share their findings. Have a brief look at the helmet checklist. (see opposite)

3. Helmet fitting (10 minutes)

Using good helmets work in small groups to fit helmets to one another correctly. Helmets should be worn firmly in place, with no other hat underneath, horizontally (not tilted forward or backwards) and correctly buckled.

4. Summing Up (5 minutes)

Distribute pamphlets and information. Tell the leaders about the Scout activity book and hand it out. Let Leaders know about the plan for the Post Jamboree Award.

Program 2.

Time: 30 minutes

Equipment: one or more real bikes - preferably the ordinary type that kids ride with usual faults.

1. Introduction (5 minutes)

Repeat intro from first program.

2. Bike check (10 minutes)

Leaders are divided into groups. Using the bike checklist (see page 3) they examine a bike and briefly record what faults and problems would be encountered under the headings from the bike check sheet.

Leader Training Nights

3. Demonstration

Person taking the session goes through the checklist and discusses the main points to note (i.e. size, tyres, brakes etc.)

4. Summing up (5 minutes)

Discuss this book and how people are using it. Make sure that leaders know about the resources available to them and share any success people may have had. Remind them about the coming Post Jamboree Awards. Stress that the Awards are to carry on the momentum generated by the Jamboree and have appeal to those Scouts who did not attend, at a time when leaders may be a little 'tired'.

Helmet Check Sheet

Points to check	yes/no
-----------------	--------

- | | | |
|----|---|--|
| 1. | Is the foam liner complete and in good condition?
(it cannot be cracked, broken, or have pieces missing) | |
| 2. | Is the outer shell complete and in good condition?
(it cannot be cracked or broken) | |
| 3. | Are the straps, clips and buckles complete and in good condition?
(Straps cannot be torn or frayed. Buckles or clips must be complete) | |
| 4. | Does the helmet have an ASA 2063 approval sticker? | |
| 5. | Does the helmet sit down on the head without moving
from side to side? (Correct size) | |

If you answered NO to any of the above points your helmet should be replaced

- | | | |
|----|---|--|
| 6. | Is the helmet a bright colour? (or does it have bright stickers on it?) | |
|----|---|--|

When the helmet is done up

- | | | |
|-----|---|--|
| 7. | Is there a 2-3 finger space between the eyebrows and the helmet front? | |
| 8. | Are the side buckles below the ears?
(only helmets with chin and rear straps) | |
| 9. | Is there are 2 finger space between the chin strap and chin? | |
| 10. | Place hands on top of the helmet and try to move it.
(i) forwards over the eyes
(5) backwards to expose the forehead
(iii) sideways to expose an ear | |

If the helmet is secure answer yes. If it moves adjust the straps.

More Resources

More Resources

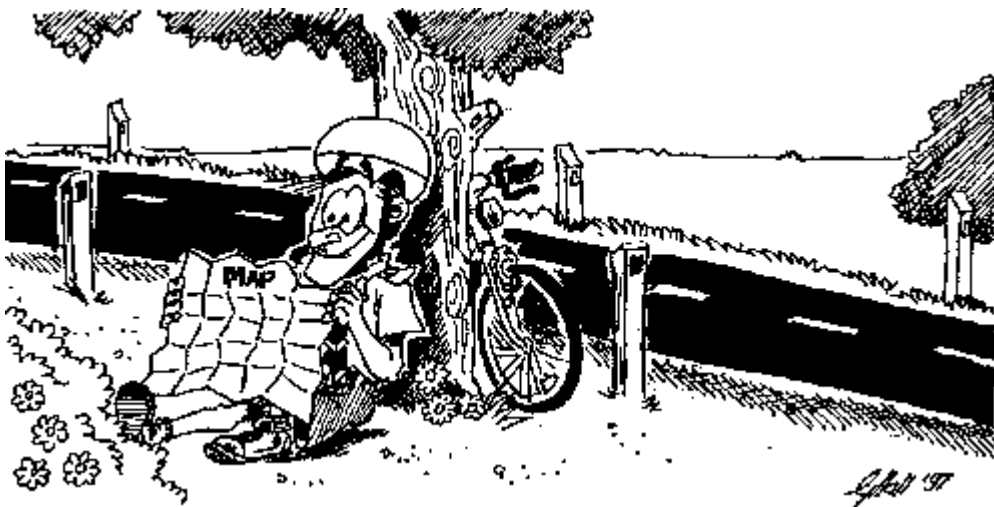
Quite a few resources have been listed through the book and many others are available to support cycling throughout the State. VicRoads has Regional Child Safety Co-ordinators who are able to provide -

Lists of organisations and individuals who can help you locally, including police, bicycling groups, retailers, local government contacts and so on.

Free printed materials from VicRoads and other organisations. Contacts are printed opposite.

Materials include -

- Bike check list
- Helmet Check List
- A Simple Guide to Bicycle Safety (book)
- Road Rules for Cyclists
- Step by Step puncture repair information
- List of videos (free loan)
- Assorted stickers
- On your Bike Safety Booklet
- Bicycle poster
- Road Signs poster
- VicRoads product information -'Bike Ed' and Cycle On'
- Regional Contact Lists
- Regional Resource List



Contacts

Victorian Scout Region	VicRoads Region	Contact
Sunraysia District North West Region (West of Warracknabeal) Goldfields Region (South of Castlemaine)	Western Region,	Phone: (03) 5333 8788 Fax: (03) 5333 1250
North West Region (East of Warracknabeal) Goldfields Region (North Castlemaine)	Northern Region	Phone: (03) 5434 5057 Fax: (03) 5434 5003
Western Region Geelong Region	South Western Region	Phone: (03) 5225 2592 Fax: (03) 5221 6102
Northern Region	North East Region	Phone: (03) 5761 1887 Fax: (03) 5762 4980
Hoadley Region Yarra Valley Region (West)	Metropolitan North West Region	Phone: (03) 9345 4349 Phone: (03) 9345 4348 Fax: (03) 9345 4710
South Metro Region Yarra Valley Region (East)	Metropolitan South East Region	Phone:(03) 9881 8016 Phone: (03) 9881 8017 Fax: (03) 9887 7590
Eastern Region	Eastern Region	Phone: (03) 5172 2640 Fax: (03) 5176 1016

SPECIAL ACKNOWLEDGEMENTS

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