



# Bear Den Meeting 3

## Ride Right

Achievement 14.

### Preparation and Materials Needed

- ▶ For Den Meeting 3, communicate with parents to make sure all boys have access to a bike and a proper helmet. Give the parents of non-riders advance notice so the boys have time to learn how to ride a bicycle.
  - Each boy participating in the bike ride must bring a bike and wear an approved bike helmet.
  - **Note:** Police departments often have community officers willing to talk about bike safety!
- ▶ Determine where a safe place would be to complete a bike ride to demonstrate bike skills.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Bike safety quiz (An example is provided, as a resource to help teach Scouts and parents, on the next page.)
  - Bike repair tools (pumps, spare tubes, tire patch, other tools)
  - Your own bike and helmet!
  - Pylons, signs, or parents to mark your bike course (showing turns and stops)
  - If you do the belt loop, you should get the loops to award at the closing of the meeting.
- ▶ If applicable, if you'll do a field trip to a bicycle shop, make arrangements for the trip (this is optimal, but you can still complete this in an interesting and fun way in other ways—you can have a cycling club representative come to you, and parents can teach how to ride safely!):
  - Give the shop manager a copy of **Achievements 14a, 14c, 14d, and 14e** so the requirements can be completed during the field trip. Ask the manager to also include information on the importance of wearing approved bike helmets.
  - Arrange transportation to the bicycle shop or meet there. Determine where a safe place would be to complete your bike ride.
  - If you're doing a field trip, prepare permission slips for a field trip to the police station at Den Meeting 4.

### Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ You might enlist attending parents to begin bike inspections and quiz tutorials to save time.

### Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Remind all of appropriate behavior at the bike shop or during the event.
- ▶ **Verify:** Check completion of **Achievement 3b** and **16a** by reviewing the boys' handbooks.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

### Activities

- ▶ **Achievement 14a** ("Know the rules for bike safety. If your town requires a bicycle license, be sure to get one.):
  - Ideally, do this in smaller groups or individual "parent signoffs" (since you hopefully will have more parents than usual at this meeting).
  - You might use the bike safety quiz provided at the end of this meeting plan (which can go home with parents, too, as a resource for them, and to help you and parents go over bike safety rules with your Scouts).
  - If your town requires a bicycle license, be sure all boys get one.



- ▶ **Achievement 14c** (“Keep your bike in good shape. Identify the parts of a bike that should be checked often.”) and **Achievement 14e** (“Protect your bike from theft. Use a bicycle lock.”):
  - Ideally, do this in smaller groups or individual “parent signoffs” for this bike inspection (so that they can judge if the bike is ready).
- ▶ **Achievement 14b** (“Learn to ride a bike, if you haven’t by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn, and an emergency stop.”):
  - This is to be done in the safe area bike course marked with pylons, signs and/or parents.
  - Do this one by one, with appropriate praise and help from the supervising parents.
- ▶ Make sure there is sufficient time and space for the Scouts to ride around and enjoy their bikes!

### Want More Fun Activities?

If you’ve done **14a, b, c** and **e**, **Achievement 14** is complete. But you might do other items as electives or for fun:

- ▶ If you have time (or the need while on your ride!), change a bike tire (**14d**).
- ▶ As the meeting highlight, you can do a den one-mile ride (**14f**).
- ▶ If you’re doing a long ride, you might want to have water and a special snack on hand.
- ▶ Note also that the Bicycling belt loop requirements are:
  1. Explain the rules of safe bicycling to your den leader or adult partner.
  2. Demonstrate how to wear the proper safety equipment for bicycling.
  3. Show how to ride a bike safely. Ride for at least half an hour with your den.
- ▶ So if you do the one-mile ride, you will probably complete that belt loop!

### Closing

- ▶ Thank any parents or guests who helped today. Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.
- ▶ Hand out copies of Bike Safety Quiz to take home (and complete); you can note the Bicycling pin and **Achievement 14** electives as items that can be done at home.
- ▶ If you’re doing a field trip, hand out permission slips for a field trip to a police station at Den Meeting 4.

Boys who have attended all den meetings and completed all home assignments have now earned their first red Progress Toward Ranks bead for the Bear rank (for **Achievements 3, 8, and 14**).

### After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.