

## College of Wilderness Knowledge

### Course in Cycling

#### COURSE ORGANIZATION

Prior to the course, students will be provided a course agenda, course goals and objectives, and a list of required items to bring.

This course will be taught primarily on Saturday. Safety & maintenance lessons will be taught starting at 9:15 am. Late morning the group will load the bikes and drive to the Paul Bunyan Trail (a 30-45-minute trip) for a 10-15-mile bike ride depending on the age of the participants and the desires of the group. The group could split into two groups if some participants want to travel further than others.

The group should plan a trail lunch that will be eaten at a park or picnic area near the trail, just prior to the ride. After the ride the group will return to Birch Bend for general camping.

The groups should also abide by the Outdoor Code: As an American, I will do my best to – ***Be Clean*** in my outdoor manners, ***Be Careful*** with fire, ***Be Considerate*** in the outdoors, and ***Be conservation-minded***.

Participants are given worksheets on which to record answers and write reports on activities in which they participate.

#### The following lessons are included in the course:

- 1) The instructor has the students identify injuries or illnesses that could occur while cycling. This should include hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebites, blisters and hyperventilation. The students also explain the first aid for each of these illnesses or injuries. All answers are recorded on their course worksheets.
- 2) The instructor picks one or more bicycles as examples. The students work in teams of 2-3 to clean and adjust a bicycle. The students then inspect the bicycle using a bicycle safety checklist and make sure that the bicycle meets local laws.
- 3) The students show their bicycle to the instructor for inspection. The student then shows what adjustments or repairs he/she has made. The student then demonstrates their knowledge of bicycle maintenance by:
  - A) Showing all points that need oiling regularly.
  - B) Showing points that should be checked regularly to make sure the bicycle is safe to ride.
  - C) Showing how to adjust brakes, seat level and height, and steering tube.

- 4)** The students describe how to brake safely with foot brakes and with hand brakes.
- 5)** Describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety guidelines. The instructor provides some old tires and patching kits. The students show how to repair a flat.
- 6)** The instructor provides some old tires and patching kits. The students show how to repair a flat.
- 7)** Pack up bicycles and lunch. Travel to Paul Bunyan Trail site.
- 8)** Take a road test with your counselor and demonstrate the following:
  - A)** Properly mount, pedal, and brake including emergency stops.
  - B)** On an urban street with light traffic, properly execute a left turn from the center of the street; also demonstrate an alternate left turn technique used during periods of heavy traffic.
  - C)** Properly execute a right turn.
  - D)** Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight
  - E)** Show proper curbside and road-edge riding. Show how to ride safely along a row of parked cars.
  - F)** Cross railroad tracks properly
- 9)** Using the Paul Bunyan Trail in order to avoid riding on main highways, the students will complete a ride of 10 or 15 miles. At the completion of the ride, the student writes a report of the rides taken using the worksheet provided. List date, the route traveled, and the most interesting things seen.

The College of Wilderness Knowledge Cycling course completes many of the requirements of the Boy Scout merit badge. However, the scout will still need to complete another six (6) bike rides of varying lengths (10, 15, 25 & 50 miles).