







CYCLING

Complete all the activities in the first part of your Trefoil 1 Sport – Cycling Challenge. Mark the bike wheels to keep track as you go.

-  **Demonstrate that you can ride a bike. Include the following:**
 - Take off and stop
 - Brake safely
 - Turn corners
 - Speed up and slow down

-  **Demonstrate basic bike maintenance with your assessor including pumping up tyres, replacing the chain and keeping your bike clean.**

-  **Discuss safe bike behaviour with your assessor. Demonstrate:**
 - Appropriate hand signals
 - The need for lights and reflectors
 - Helmets and appropriate clothing
 - Road safety rules

-  **Go on a bike ride of at least an hour with your family or Unit.**

Choose any two of the following activities:






- Demonstrate repairing a puncture.
- Visit a BMX bike track and try some simple laps.
- Visit a bike shop and learn about different types of bikes and the equipment they sell.
- Learn about a type of cycling undertaken at a professional level (eg. road, track, BMX, mountain bike riding.) and share this information with your Unit or Patrol.
- Learn about the stretches that you should do before cycling, especially your calves, hamstrings, upper body, shoulders and neck.

I commenced on _____ and finished on _____



CYCLING

Complete all the activities in the first part of your Trefoil 2 Sport – Cycling Challenge. Mark the bike wheels to keep track as you go.

-  **Demonstrate that you can ride a bike on a quiet road.**
-  **Discuss safe bike behaviour on the road with your assessor, including road rules, equipment and the importance of wearing a helmet.**
-  **Demonstrate puncture repair and other basic bike maintenance.**
-  **Explain the purpose and use of gears.**
-  **Go on a bike ride or bike hike of at least three hours with your family or Unit.**

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Choose any two of the following activities:

- Learn how to do a simple trick or jump on your bike.
- Find out about bike paths, bike lanes or other bike services in your area and share this information with your Unit or Patrol.
- Learn about why cycling is good for the environment and how people can be encouraged to cycle, and share this information with your Unit or Patrol.
- Learn about why cycling is good for people's health and how cycling can be incorporated into a healthy lifestyle. Share this information with your Unit or Patrol.
- Try a type of riding that is new to you, e.g. mountain bike riding, BMX.

I commenced on _____ and finished on _____