



## Rolling Tigers

*Complete Requirements 1 - 3 plus at least two others.*

1. With your den or with your parent, guardian or other caring adult, try on safety gear you should use while riding a bike. Show how to wear a bicycle helmet properly.
2. With your den or with your parent, guardian or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.
3. Learn and demonstrate proper hand signals.
4. With your den or with your parent, guardian or other caring adult, do a safety check on a bicycle.
5. With your den or family, go on a bicycle hike wearing your safety equipment. Follow the bicycling safety and traffic laws.
6. With your den or with your parent, guardian or other caring adult, discuss two different types of bicycles and their uses.
7. Learn about a famous bicycle race or famous cyclist. Share what you learn with your den.
8. Visit your local or state police department to learn about bicycle riding laws.
9. Identify two jobs that use bicycles and discuss how they are used.

### Helpful resources and links:

<https://tinyurl.com/historic-bicycle-climb-vid>

<https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/8009-handsignals.pdf>



handsignals.pdf