

CYCLING — LEADER KEY

SAINTS GLOBAL MEMBER

NAME:

BATTALION:

TROOP:

SKILL BADGE ADVISOR

NAME:

EMAIL:

PHONE:

LEADER KEY

WITH EVALUATION HINTS

Gold boxes contain leader hints for evaluating each requirement

STEP 1 | DISCOVER

INITIALS

- a) Explain common cycling hazards (traffic, weather, terrain, visibility, fatigue) and how to anticipate, prevent, and respond to them. _____
- b) Demonstrate first aid knowledge for cycling-related injuries and illnesses, including abrasions, concussions, heat and cold injuries, dehydration, and bites or stings. _____
- c) Explain the importance of proper cycling clothing and a correctly fitted helmet, and demonstrate correct helmet fit. _____

STEP 2 | PLAN

INITIALS

- a) Explain state and local bicycle laws and how they compare to motor vehicle laws, including lane position, signaling, and intersection behavior. _____
- b) Prepare a written ride plan for a long ride including route, distance, surface, traffic considerations, weather, water, nutrition, and emergency plan. _____

STEP 3 | ACT

INITIALS

- a) Inspect, clean, and adjust a bicycle using a safety checklist, including brakes, drivetrain, tires, and fit, and present it for inspection. _____



LEADER KEY

Bike must be road- or trail-ready; leader checks fit, brakes, and safety points.

- b) Demonstrate bicycle handling skills: mounting, starting, stopping (including emergency stop), straight-line riding, turning, scanning, signaling, and gear shifting. _____

- c) Repair a flat tire by removing the wheel, replacing or patching the tube, and remounting the tire. _____

♂ LEADER KEY

Flat repair must be hands-on, not explained verbally.

- d) Complete a series of endurance rides totaling at least 60 miles across multiple days, with no single ride shorter than 10 miles, maintaining safe and lawful riding practices. _____

♂ LEADER KEY

Verify distances and that rides occurred on different days with safe practices.

- e) Complete one long ride of at least 30 miles in a single day, demonstrating pacing, hydration, nutrition, and hazard awareness. _____

- f) Lead or assist in leading a ride using the buddy system, helping manage route, pace, safety, and morale. _____

♂ LEADER KEY

Saint must actively help lead, not merely ride along.

STEP 4 | REFLECT

INITIALS

- a) Explain what you learned about safety, pacing, and preparation from your longest ride, including one challenge you overcame. _____
- b) Describe how cycling has strengthened your discipline, confidence, and ability to act responsibly in traffic and group settings. _____

Continue to next page for certification signature

END OF REQUIREMENTS

**BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL
REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED
IN THE BADGE REQUIREMENTS CHECKLIST.**

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)