



1<sup>st</sup> London Colney Cub Pack

Cyclist Activity Badge



Name: \_\_\_\_\_

1. Regularly use a bicycle, which is the right size for you, with a cycle helmet.

- a. Do you own a bike Yes / No
- b. Have you ridden a bike Yes / No
- c. Do you use a cycle helmet Yes / No

2. Show you can clean and oil a bicycle. Show how to pump up the tyres and mend a puncture.

a. Why should you clean your bike? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. What parts for a bicycle require oil?

- |       |                          |            |                          |         |                          |
|-------|--------------------------|------------|--------------------------|---------|--------------------------|
| Chain | <input type="checkbox"/> | Brakes     | <input type="checkbox"/> | Saddle  | <input type="checkbox"/> |
| Tyres | <input type="checkbox"/> | Gears      | <input type="checkbox"/> | Peddles | <input type="checkbox"/> |
| Bell  | <input type="checkbox"/> | Handlebars | <input type="checkbox"/> | Frame   | <input type="checkbox"/> |

c. Can you demonstrate how to fix a puncture and pump up a tyre? Yes / No

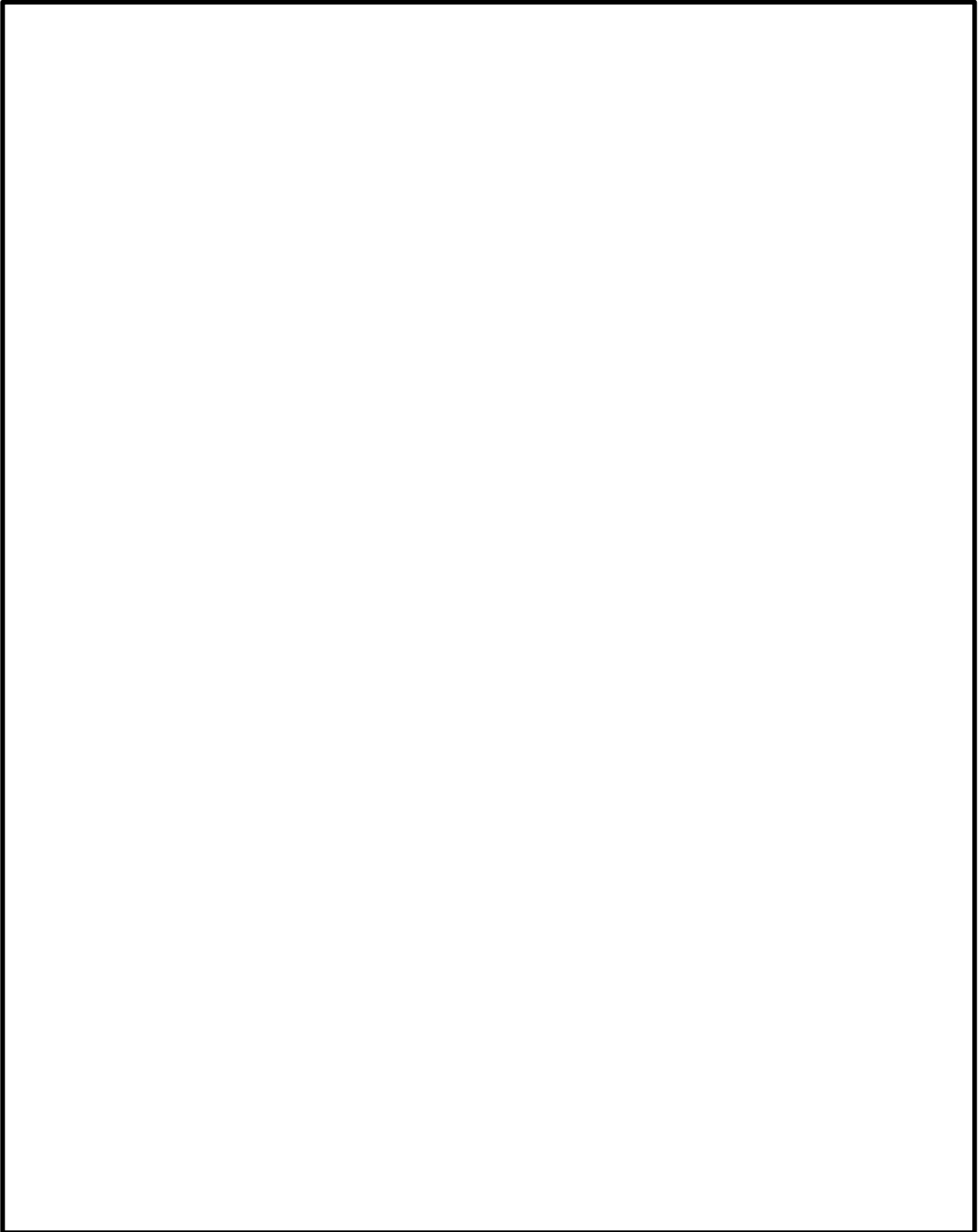
3. Explain why you must lock up a bicycle when you leave it unattended.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What safety measures must you take when cycling in bad weather and at night?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# **1st London Colney**



**Road Safety Poster**