Assembled Den Meeting Plan – TIGER (1st Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Tiger Adventures Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Tiger – 1st Grade

Rolling Tigers

A "Cycling" Adventure

ELECTIVE (2 "electives" are needed to earn the Rank of Tiger)



Snapshot of Adventure. In this Adventure, Scouts will learn about their bicycles, safety gear, and how to keep safe and have fun while riding. With their family or den, Scouts will go on a bike ride. Bikes, training wheels, tricycles, and other bikes of all forms are welcome.

The QR Code above takes you to scouting.org/cub-scout-adventures/rolling-tigers/ ↑

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for the suggested Activities at that link.

Requirements from the Tiger Handbook

1. **Learn the ABC's of bike gear (air, brakes, chain.)**
2. **With your den or Tiger adult partner, learn about the safety gear you should use while riding a bicycle.**
3. **With your den or Tiger adult partner, learn the safety rules to follow when riding a bicycle.**
4. **With your den or Tiger adult partner, demonstrate proper hand signals.**
5. **With your Tiger adult partner or family, ride a bike or begin learning how to ride a bike.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single 60 minute session, but you might have more than one bike ride.

PREPARATION (and materials needed): Read the Rolling Tigers adventure in the Tiger Handbook.

- Determine when and where you will do this Adventure, and share information with your Den families.
  - Determine if you want to have a bike expert come to you to help instruct (share this plan with them). A bike expert could be someone at a cycling shop, a cycling club, or a parent who is into cycling.
  - If a bike shop employee helps out, you might visit the shop for all or part of this meeting, or see if the bike shop employee can ride over to your meeting and bike ride location.
  - Pick a place to ride bikes that will be free of automobile traffic. Many parks and playgrounds work. A school or church parking lot on a day when the school or church is not active might work.
- Share what families should bring: bike, bike helmet, any other desired bike safety gear.
  - If some families don't have bikes, ask others if they can share their bikes and let Scouts take turns.
  - At a bike shop, you might be able to use some "loaner" bikes. Or take a bike on a "test ride"!

- Other equipment needed includes: bicycle air pump, tire pressure gauge, bike chain lubrication, flathead and Philips head screwdrivers, variety of Allen wrenches.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: ABCs of Bike Gear (Air, Brakes, Chain) (Requirement 1: *"Learn the ABC's of bike gear (air, brakes, chain.)"*)** (Parent leader: _____)

This is adapted from the ABC Quick Check handout found here from the League of American Bicyclists.

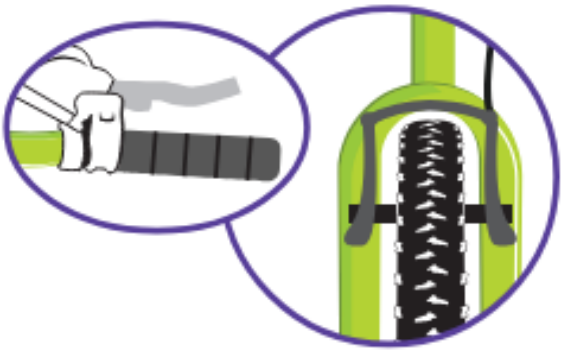
Demonstrate the A B C Quick Check

- A is for Air:
  - Check the air pressure.
  - Point out there is a number on bike tires next to the letters PSI.
  - The PSI tells you how much air should be in your tires.
  - Point out the PSI on the bike tires (note that sometimes the front tire and rear tire have different recommended PSI).



  - Demonstrate how to check the tire pressure using the tire pressure gauge. Demonstrate how to use the air pump to fill a tire to the proper PSI.
  - Spin the wheels and make sure the tires are not worn out.

- B is for Brakes:
  - If the bike has coaster brakes (brakes that stop the bike by peddling backward) check the brakes by placing the bike upside down and using your hand to peddle the bike forward.
    - Then spin the peddle backward to stop the wheel.
  - If the bike has hand brakes make sure that the levers don't hit the handlebars when squeezed.



  - Lift one end of the bike at a time to spin the wheel and apply the brake to see if the tire stops.
  - Check to see that the brake pads are clean, and straight, and make contact with the tire rims properly.
- C is for Cranks, Chain, and Cogs:
  - Check the crankarm and try to wiggle it side to side – there should be no movement.
    - (The crankarm is what the peddles are attached to.)
  - The bike chain should look like metal, there should be no rust or gunk on the chain.

- The chain should not sag and should drive the back wheel. Spin the pedals and cranks to see if the chain drives the rear wheel.
- If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears – make sure the chain easily moves from cog to cog.

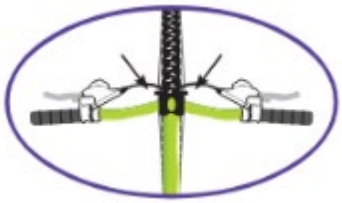




- All moving parts should be properly lubricated with bike chain lubrication. Demonstrate how to add bike lubrication by following the directions on the container of bike lubrication.

- Quick Refers to the Quick Release:
  - Some bikes have quick releases on the wheels or the seat post.
  - Check to make sure they are tight and closed properly so that they don't release suddenly.





- Also: Adjust your bicycle to fit you! Make sure you can stand over the top tube of your bicycle.

🔶 **Activity 2: Safety Gear (Requirement 2: "*With your den or Tiger adult partner, learn about the safety gear you should use while riding a bicycle.*")** (Parent leader: _____)

- Before any bike ride, you want to be sure you have the safety gear you need.
- Discuss the importance of using safety gear.
  - Gather the Scouts and adult partners and inform them that when we ride bikes wearing a helmet is one of the most important safety gear we have.
  - A bicycle crash can happen at any time.
  - A properly fitted hard-shell bicycle helmet reduces the risk of head injury.
  - More children aged 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport.
  - Many of these injuries involve the head.
  - Always wear a hard-shell helmet with a chin strap when you go biking!
- Just like any safety gear, in order for it to work properly you have to wear it properly.
  - Make sure it fits so it can help protect your head if you fall off your bike.
  - In most states, wearing a helmet is required.
- Review the proper steps for putting on a helmet.
  - Have your Scouts try on their helmets and check the fit – adjust as needed.
- If your helmet slips and slides, then take it off and adjust the fit.
  - Help your Scouts learn how to adjust the helmet so it fits correctly.



- Learn how to fasten and unfasten your chin strap by yourself.
- Make sure it is always fastened before you ride!

- When you ride, wear bright (light colored) clothing so that others can see you.
  - Maybe reflective tape if you'll be riding in dim light.
  - Your bike should have reflectors on the back of the saddle and/or the hub, and in the wheel spokes.
- If you have other safety gear, like gloves, knee pads and/or elbow pads, show how they are worn.
  - Ask your Scouts why you'd use those items to stay safe.
  - Have your Scouts try any of those items on – be sure all items are on correctly.
  - If anyone is going to borrow a helmet, disinfect the helmet with an over-the-counter disinfectant spray.



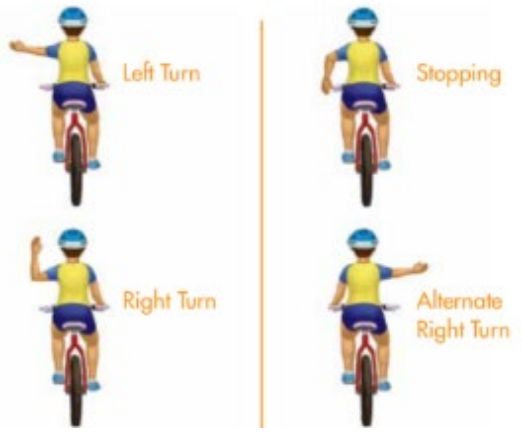
🔶Activity 3: Safety Rules (Requirement 3: *"With your den or Tiger adult partner, learn the safety rules to follow when riding a bicycle."*) (Parent leader: _____)

Follow these basic safety tips when you ride.

- **Wear a properly fitted helmet.**
  - Protect your brain; save your life! Bicycle helmets can reduce head injuries by 85 percent, according to the National Highway Traffic Safety Administration (NHTSA).
- **Adjust your bicycle to fit.**
  - Make sure you can stand over the top tube of your bicycle.
- **Assure bicycle readiness.**
  - Make sure all parts are secure and working well. Assure that tires are fully inflated and brakes are working properly.
- **See and be seen.**
  - Wear clothing that makes you more visible, such as bright neon or fluorescent colors. Wear reflective clothing or tape. Avoid riding at night.
  - If people are walking in front of you on a sidewalk, let them know you are going to pass them. Call out "Passing on your left," or use a bell or horn.
- **Watch for and avoid road hazards.**
  - Stay alert at all times. Be on the lookout for hazards, such as potholes, broken glass, gravel, puddles, leaves, animals, or anything that could cause you to crash.
  - If you are riding with friends and you are in the lead, call out and point to the hazard to alert the riders behind you.
  - Stop at crosswalks and corners to look for cars.
  - Also watch for cars in driveways. Make sure drivers see you before crossing.
- **Follow the rules of the road.**
  - Check and obey all local traffic laws. Always ride single file on the right side of the road in the same direction as other vehicles. Go with the flow—not against it! Yield to traffic and watch for parked cars.
  - A bicycle is a vehicle just like a car!

◆Activity 4: Hand Signals (Requirement 4: *"With your den or Tiger adult partner, demonstrate proper hand signals."*) (Parent leader: _____)

- Demonstrate the arm signals that your Scouts and you should use when out on the road.
  - Have them look at the examples in their handbooks to reinforce each.
  - Have your Scouts demonstrate those signals – maybe play "follow the leader" while walking at home (before you get on bikes).
    - Use the signals to show which way you're going.
    - Switch off the "leader" role, and let your Scouts lead you.
  - Make sure you signal in plenty of time so that those behind you know what you're going to do.



◆Activity 5: Ride On! (Requirement 5: *"With your Tiger adult partner or family, ride a bike or begin learning how to ride a bike."*) (Parent leader: _____)

- The bike ride needs to be safe and fun – there is no minimum distance, and no required skill level.
  - "*or begin learning how to ride a bike*" is a way to complete the requirement.
  - The Cub Scout Motto is "Do Your Best!", so you and your Scouts should do your best – and hopefully learn to love riding bikes for a lifetime.
- All bike rides are local, so determine how and where you will ride. Explain the bike route and make sure everyone stays together.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Tigers will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/rolling-tigers/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Learn the ABC's of bike gear (air, brakes, chain.)**
   - Talk With A Pro (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **5** of 5 Prep Time)
   - The ABC's of Bike Gear (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
   - The ABC's of My Bike (Outdoor; **3** of 5 Energy; **4** of 5 Supplies; **2** of 5 Prep Time)
2. **With your den or Tiger adult partner, learn about the safety gear you should use while riding a bicycle.**
   - Ask the Pro (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **5** of 5 Prep Time)
   - Check My Bike Gear (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
   - Safe Rider Gear Checklist (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
3. **With your den or Tiger adult partner, learn the safety rules to follow when riding a bicycle.**
   - Chalk It Up Bike Rodeo (Outdoor; **4** of 5 Energy; **3** of 5 Supplies; **4** of 5 Prep Time)
   - Learn From The Pro (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **5** of 5 Prep Time)
   - When to Walk and When to Ride (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **With your den or Tiger adult partner, demonstrate proper hand signals.**
   - Signals with the Pro (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **5** of 5 Prep Time)
   - Simon Says – Turn Left, Turn Right (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Traffic Light Freeze (Indoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
5. **With your Tiger adult partner or family, ride a bike or begin learning how to ride a bike.**
   - I Want To Ride My Bicycle! (Indoor; **4** of 5 Energy; **3** of 5 Supplies; **5** of 5 Prep Time)