Assembled Den Meeting Plan – BEAR (3rd Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Bear 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) …

Bear – 3rd Grade

Bears On Bikes

A "Cycling" Adventure

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



Snapshot of Adventure. Get together with your den, pack, or family to go on a bike ride. In this Adventure, you'll learn what to wear to ride your bike safely and some basic maintenance. Then get ready for a bike ride. Grab your helmet, check your tires, and head out on another Cub Scout Adventure.

The QR Code above takes you to scouting.org/cub-scout-adventures/bears-on-bikes/ ↑

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

Requirements from the Bear Handbook

1. **Show how to properly wear a bicycle helmet.**
2. **Decide what you should wear when riding a bike.**
3. **Demonstrate proper hand signals.**
4. **Demonstrate how to adjust saddle height.**
5. **Demonstrate how to operate brakes.**
6. **Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike.**
7. **With your family, den, or pack, follow the buddy system and go on a 30-minute bike ride.**

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 session, but you might do an instructional meeting first and a bike ride second. Better, have more than one bike ride and split up the parts between the bike rides.

PREPARATION (and materials needed): Read the Bears On Bikes adventure in the Bear 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, 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 if there is enough space. But a bike pathway away from cars is the best option for a 30 minute ride.
- 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: Helmets Help! (Requirement 1: “*Show how to properly wear a bicycle helmet.*”)** (Parent leader: _____)

- 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 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.
  - Just like any safety gear, in order for it to work properly you have to wear it properly.
- Demonstrate to know that your bike helmet is fitted properly and if it doesn’t how to adjust it.
  - Your helmet should fit snuggly but not so tightly that it’s uncomfortable.
  - While it is sitting flat on top of your head, make sure the helmet doesn’t rock side to side.
    - Sizing pads come with new helmets; use the pads to securely fit to your head.
    - Mix or match the sizing pads for the greatest comfort.
    - If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.
  - The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow. If the helmet is tipped back, it won’t protect your forehead.



  - Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten. This task is easier if you take the helmet off to make these adjustments.
  - Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears.
    - Lock the slider if possible.

- Buckle your chin strap.
  - Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
- Does your helmet fit right?
  - Open your mouth wide! The helmet should pull down on the head. If it doesn't, tighten the chin strap.
  - Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
  - Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

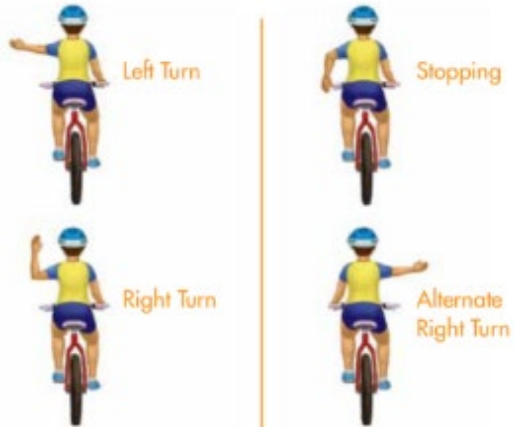
◆Activity 2: Cycling Clothes (Requirement 2: *"Decide what you should wear when riding a bike."*) (Parent leader: _____)

- Clothing choices for riding a bike are mainly about comfort and safety, not fashion. **Comfort issues:**
  - Will you be too hot or too cold? Will riding like the wind make you too cold? Adjust as needed.
  - Might it rain? Do you need raingear?
  - Socks with your shoes.
- Safety issues:
  - A helmet, of course, but also closed shoes.
  - Clothing that stays close to your body (won't get caught in bike chains or gears).
  - Bright colors so that you are seen by drivers and others. Reflective tape on your bike, helmet and clothes help as well.
  - Kneepads and elbow pads may be helpful.



◆Activity 3: Hand Signals (Requirement 3: *"Demonstrate proper hand signals."*) (Parent leader: _____)

- Demonstrate the arm signals that your Scout and you should use when out on the road.
  - Have them look at the examples in their handbooks to reinforce each.
  - Have your Scout 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 Scout lead you.
  - Make sure you signal in plenty of time so that those behind you know what you're going to do.



◆Activity 4: Saddle Up! (Requirement 4: *"Demonstrate how to adjust saddle height."*) (Parent leader: _____) Explain to the Scouts that you know your bike seat is at the right height if you can keep your hips stable on the bike instead of rocking them back and forth to reach the bottom of the pedal stroke.

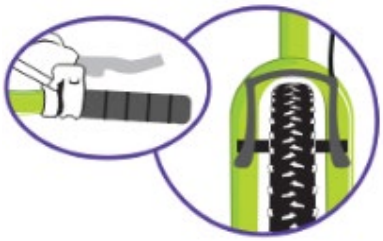
- When your foot is at the lowest point pedaling, your knee should be slightly bent, not locked straight.
- For a first pedal bike, being able to touch the ground easily will boost the rider's confidence as they take on pedaling. For best results, make sure the rider can put feet flat on the ground, with a slight bend in the knees. If the rider's heel is slightly lifted off the ground, lower the seat. If the rider's knees are noticeably bent, add height to the seat. As a rider gets more experience, the seat can go higher.

- Using the EDGE method do the following:
  - **E:** Explain how to adjust the seat: "Pull the lever under the seat away from the bar, and it should loosen.
  - **D:** Demonstrate how to adjust the seat, while you are explaining how to do it.
  - **G:** Guide each Scout by giving them the ability to try to do it on their own and assisting them if needed.
  - **E:** Enable them to take a turn adjusting their own seat.





◆Activity 5: Brake! (Requirement 5: *"Demonstrate how to operate brakes."*) (Parent leader: _____)



- Coaster brakes: 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.
- Hand brakes make sure 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.

◆Activity 6: Pump It Up! (Requirement 6: *"Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike."*) (Parent leader: _____)

- Proper air pressure in your bicycle tire is really important because it'll make your ride smoother and faster, and it will prevent pinch flats.
  - How much air pressure you need depends on the kind of bike, the kind of tire and where you're riding.
  - Most every bike tire lists its recommended pressure right on the edge of the tire's sidewall.
  - It's usually a range, say from 35 to 80 psi (that stands for "pounds per square inch").
  - For example, if it says 60 PSI that means that the pressure pushing out on the tire is equal to 60 pounds for every 1 inch by 1 inch square on the tire.



- Show Scouts on a bike tire where it indicates how much air should be in the tire.
  - Explain that air in bike tires expands and contracts with weather conditions.
  - Air expands when it is hot and contracts when it is cold.
  - You always should check your tire pressure before riding.
- Show how to check tire pressure with the pressure gauge and compare it to what the pressure should be.
  - Demonstrate how to pump the tire up to the proper pressure.
  - Release the pressure in the tire and allow each Scout to check the pressure and pump air into the tire.

🔶Activity 7: Ride On! (Requirement 7: "*With your family, den, or pack, follow the buddy system and go on a 30-minute bike ride.*") (Parent leader: _____) Determine how and where you will ride.

- Explain the bike route and make sure everyone follows the buddy system and any other rules you need to impose on the group – like a "lead" rider that nobody passes.
- The Cub Scout Motto is "Do Your Best!", so you and your Scout should do your best – and hopefully learn to love riding bikes for a lifetime. If Scouts cannot yet ride without training wheels, that's okay!

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 Bears 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/bears-on-bikes/. 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. **Show how to properly wear a bicycle helmet.**
   - Helmet Relay (Outdoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **Decide what you should wear when riding a bike.**
   - Dress the Cub Scout (Outdoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
3. **Demonstrate proper hand signals.**
   - Bear Says (Outdoor; **3** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
   - Left Turn, Right Turn (Outdoor; **4** of 5 Energy; **1** of 5 Supplies; **1** of 5 Prep Time)
4. **Demonstrate how to adjust saddle height.**
   - Saddle Up (Outdoor; **2** of 5 Energy; **2** of 5 Supplies; **4** of 5 Prep Time)
5. **Demonstrate how to operate brakes.**
   - Brake Test (Outdoor; **5** of 5 Energy; **4** of 5 Supplies; **4** of 5 Prep Time)
6. **Learn how to use a pump to inflate your tires. Discuss why riding with low-pressure or flat tires is unsafe and can cause damage to your bike.**
   - Pump It Up (Outdoor; **3** of 5 Energy; **4** of 5 Supplies; **3** of 5 Prep Time)
7. **With your family, den, or pack, follow the buddy system and go on a 30-minute bike ride.**
   - Bear Bike Ride (Outdoor; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)