Assembled Den Meeting Plan – WEBELOS (4th Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Webelos Adventures Den Meeting Resources found at Scouting.Org (or from the requirements), 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) …

Webelos – 4th Grade

Pedal Away

A "Cycling" Adventure

ELECTIVE (2 "electives" are needed to earn Webelos Rank)

Snapshot of Adventure. Get your helmet and your Cub Scout Six Essentials–we are going on a bike ride! Learn how the gears on a bike work and make it easier for you to pedal peddle. Practice safety and good maintenance of your bike, and it will last a long time.

The QR Code above takes you to scouting.org/cub-scout-adventures/pedal-away/

This Den Meeting Plan adapts Activity content 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 Webelos Handbook

1. **Decide on gear and supplies you should bring for a long bike ride.**
2. **Discover how multi-gear bicycles work and how they benefit a rider.**
3. **Practice how to lubricate a chain.**
4. **Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle.**
5. **With your family, den, or pack, use a map and plan a bicycle ride that is at least 5 miles.**
6. **With your den, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles.**

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 long 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. More bike rides should be fun!

PREPARATION (and materials needed): Read the Pedal Away Adventure in the Webelos 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.
  - A bike pathway away from cars is the best option for a five mile ride.
- Share what families should bring: bike, bike helmet, bike lock, 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.

- Other equipment needed includes: bicycle air pump, tire pressure gauge, bike chain degreaser and lubrication, flathead and Philips head screwdrivers, variety of Allen wrenches, bike tube repair kit/supplies, old toothbrushes and rubber gloves plus soap and rags for bike chain activity and cleanup.

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: Gear Up to Bike (Requirement 1: "***Decide on gear and supplies you should bring for a long bike ride.***")** (Parent leader: _____)

- Some of the items needed are the Cub Scout Six Essentials (for more, see: vimeo.com/498051015):
  - **First-aid kit**: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
  - **Water bottle**: filled and large enough to last until it can be filled again.
  - **Trail food**: can be made as a den activity prior to a walk or hike or campout.
  - **Sun protection**: sunscreen of SPF 30 or greater and a hat – sunglasses if you like.
  - **Flashlight**: small, for emergency use only.
  - **Whistle**: also for emergency use only.



- On a long bike ride, you need more … why might you need the following items:
  - Bike? (*Of course, it's a bike ride!*) Helmet? (*Yes! Always when riding.*) Buddy? (*Always for fun and safety*)
  - Map? (*Need to know where we're going!*) Gloves? (*Maybe, for comfort.*) Shoes? (*Comfort, safety.*)
  - Bike Tools? Tire Patches? (*Fix flats and make repairs on the ride.*) Cell Phone? (*Yes! For emergencies!*)
  - Air Pump? (*Pump It Up! Fix a flat!*) Bike Lock? (*Keep it safe!*) Leader? (*Adult supervision for safety.*)
  - Light Backpack/Daypack? (*To stow the gear listed above – other than the Adult Leader!*)

🔶**Activity 2: Get It In Gear! (Requirement 2: "***Discover how multi-gear bicycles work and how they benefit a rider.***")** (Parent leader: _____)

- With a multi-gear bike, explain to Scouts that gears on a bike allow the rider to keep pedaling at a steady rate whether going uphill or downhill.
  - On a bike with no gears, every rotation you make with your pedal makes one rotation on the back wheel.
  - Bikes with gears can change the number of rotations you make with your pedals to equal one full rotation of your back tire.

- Point out the rear cassette.
  - The rear cassette is a group of sprockets at the rear hub of a bicycle that attaches to the freehub.
  - The "freehub" system engages with the wheel when you're pedaling to move you forward – and disengages when you stop pedaling so you can coast.
  - The rear cassette is held in place by a cassette lockring.



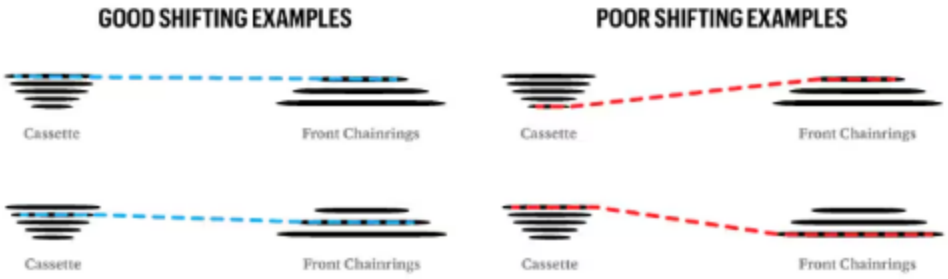
- Point out the gear shift mechanism(s) on your bike and other bikes today.
  - Some only have rear derailleur. Bikes with front and rear derailleur have both front and rear shifting.
  - Most common is the left side lever or device operates the front derailleur and the right the rear.
  - This is also how brakes are normally set up: left side front, right side rear. (Left is lead, right is rear).
  - Bikes vary in the type of gear shift device – some examples below.







- Lower shift numbers (or lower gears) help when the incline is steep and you will be going slower.
  - Higher numbers (or higher gears) help when going downhill when you want to go fast.



  - But you don't want to have front and rear at harsh angles – it's not efficient, and can break a chain.
- Flip the bike over with the wheels up. Show them how the gears can change when the pedals move.

◆Activity 3: Chain Care (Requirement 3: *"Practice how to lubricate a chain."*) (Parent leader: _____)

- Divide Scouts into buddies, hand out rubber gloves, toothbrush, and rag to each group with a bike.
- Tell Scouts that they will be lubricating the chain on their bikes. Explain that it takes two people to do the maintenance safely and that both buddies will have a chance to lubricate the chain on their bikes.
- One buddy is to hold the bike steady, while the bike owner works to clean and lubricate their bike chain.

- Degrease the chain. Add a small amount of degreaser to the toothbrush, hold it to the top of the chain, and backpedal. Repeat this step with the bottom of your chain, always brushing the section of chain below your drivetrain.
- Rub down your chain with soapy water and rinse to clean off excess degreaser.
- Choose your lubrication. Use wet lubrication if you ride in wet, muddy conditions, and dry lubrication if you ride in dry conditions.



- Lubricate your chain. Carefully place a small drop of lube on top of each roller in your chain. Make sure to aim the lube right into your rollers. Getting lube on the outside of the chain will just pick up more dirt.
- Wipe off any excess lube, and you're ready to ride.

◆Activity 4: Bike Lock (Requirement 4: *"Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle."*) (Parent leader: _____)

There are several different types of bike locks you might use – here are some.

Chain Lock



Cable Lock



D-Lock

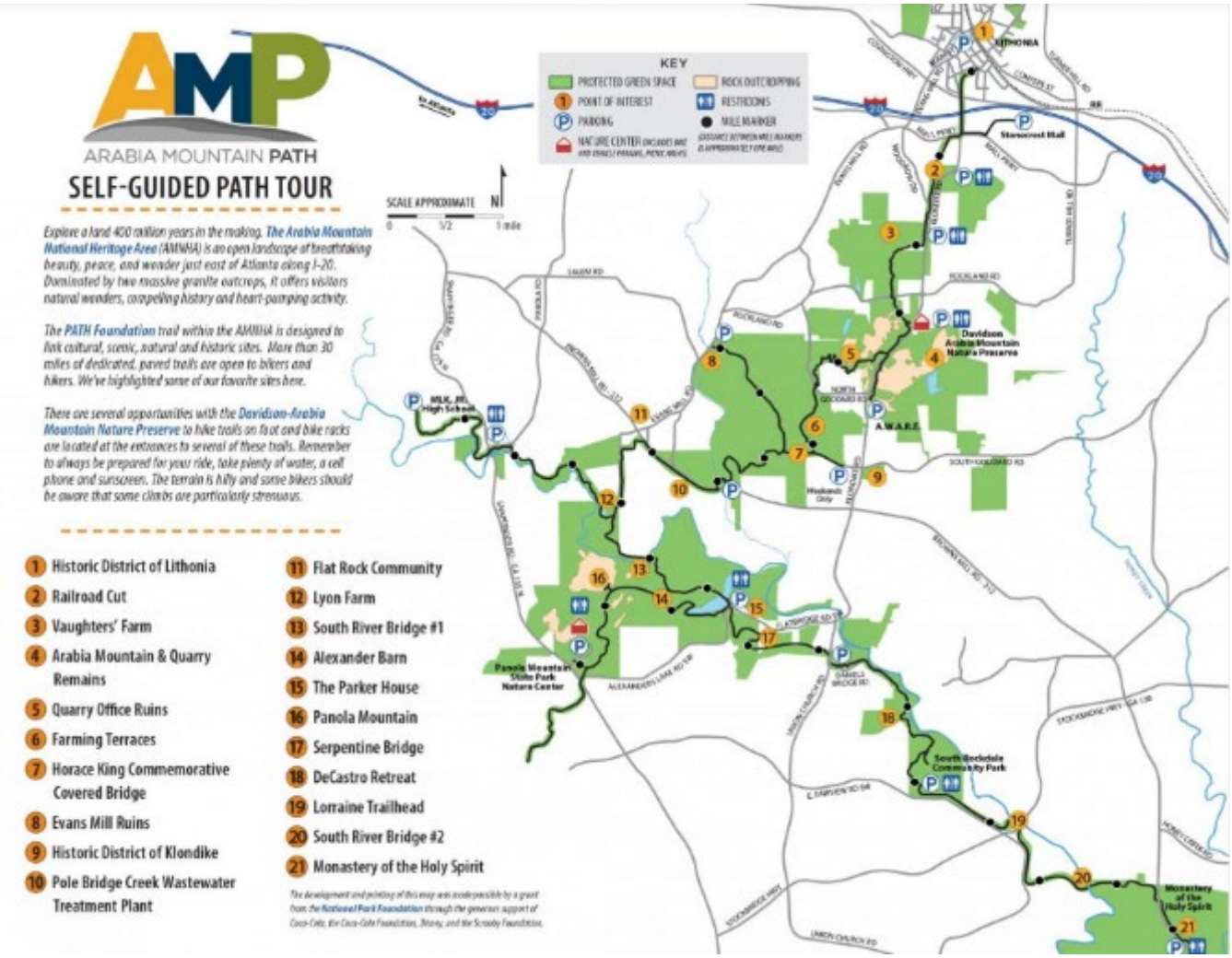


- Share different lock types and show how they work. Let Scout buddy groups try to open the locks and rotate to different lock types.
- Ask: Why is it important we lock our bikes? Where have you seen a bike rack to attach your bike to? Which lock do you have for your bike and why did you choose it?

◆Activity 5: Plan Your Bike Ride (Requirement 5: *"With your family, den, or pack, use a map and plan a bicycle ride that is at least 5 miles."*) (Parent leader: _____)

Like the **5 Ws** of planning a walk, you can apply the **5 Ws** of planning a bike ride.

- **Where are you going?** Have at least a couple bike route maps for Scouts to select a route.
  - Explain to Scouts that this is (these are) maps of the area where we can ride. Show them the scale of the map. (A scale tells you distances are in real life compared to how they are seen on the map.)
  - When choosing the route they should consider:
    - Is the trail paved or rugged? Can everyone who will be on the bike ride handle the conditions?
    - Is the trail flat, or will there be inclines and declines? Are there sites or things you want to stop and see? Are there areas where you can rest?
  - Below is an example of a map of a bike trail … YMMV (Your Map May Vary):



- Let the Scouts identify a five mile route on the map. Or a 2.5 mile route so five miles is "out and back". Discuss how to find the starting point.

- **When will you return?** If you are not back reasonably close to the time on your trip plan, Scout leaders and family members can take steps to locate you and, if necessary, provide assistance.
  - Discuss the date and time of the ride and have Scouts help set the time of when you will start and end.
- **Who is riding with you?** List the names of your partners.
- **Why are you going?** To explore a new area? To get practice cycling? To burn calories? To ride fast?
  - Have the Scouts share a thought or two about the purpose of your journey.
  - Show the map again and ask if there is anything that may be of interest along the way.
  - Avoid Scouts saying they are doing it because it is a requirement.
- **What are you taking?** See Activity 1/Requirement 1.

🔶**Activity 6: Ride On! Ride On! (Requirement 6: "***With your den, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles.***")** (Parent leader: _____)

- All bike rides are local, so follow up on any plans from Requirement 5 and fill in any gaps in planning.
  - 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.

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 Pins 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 Webelos will have earned the Adventure Pin for it. Make sure they are recognized for their completion by presenting the Adventure Pins 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/pedal-away/. 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. **Decide on gear and supplies you should bring for a long bike ride.**
   - All We Need (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - I Went on a Bike Ride and Took (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
2. **Discover how multi-gear bicycles work and how they benefit a rider.**
   - Webelos Gear Guidance (Outdoor; **2** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
3. **Practice how to lubricate a chain.**
   - Webelos Chain Maintenance (Outdoor; **2** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)
4. **Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle.**
   - Webelos Lock It Up (Outdoor; **3** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)
5. **With your family, den, or pack, use a map and plan a bicycle ride that is at least 5 miles.**
   - Webelos Map The Ride (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **3** of 5 Prep Time)
6. **With your den, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 5 miles.**
   - Webelos Bike Ride (Travel; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)