



# Cradle of Liberty Council Safety Tips for Cycling

## Selections from the Guide to Safe Scouting

1. **Qualified Supervision.** “All unit...event activities must be supervised by a mature and conscientious adult at least age 21 .... who is committed to compliance with these BSA safety guidelines.”
2. **Physical Fitness.** “Biking is strenuous. ...For Scouting activities, all participants must present evidence of fitness...”
3. **Helmets and Clothing.** “All cyclists must wear a properly sized and fitted helmet approved by either the Snell Memorial Foundation or the American National Standards Institute (ANSI) standards. Layer your clothing for warmth on cool days so you can avoid chilling or overheating. Cover up for sun protection on clear days.”
4. **Buddy-up.** “The buddy system must be used.”
5. **Keep Right.** “Ride with the traffic flow, as far to the right as possible. Avoid curbs, storm drains, soft or loose gravel on shoulders, and other hazards.”
6. **Be Smart.** “Obey all traffic laws, signs, signals, and street markings. Watch for changes in road conditions. Ride only one to a bike. Do not ride after dark. No stunts.... Yield to motor vehicles even if you think you have the right-of-way. Never hitch a ride on another vehicle. Keep your head and ears open and do not wear headphones while riding.”
7. **Turns and Intersections.** “Look left, right, back, and ahead before turning. Stop and search all directions when entering a street from a driveway, parking area, sidewalk, or an alley. Signal all turns using universal hand signals. Walk your bike through or across busy intersections.”
8. **Right Bike.** “Ride only a bike that fits you.”
9. **Accessories.** “Every bike needs a horn or bell and reflectors (front, back, and sides). Items should be carried only in baskets, saddlebags, or on a rear carrier rack. If you must ride in traffic, a bike- or helmet-mounted mirror is recommended. For long trips, a bike-mounted container for drinking water is recommended.”
10. **Maintenance.** “Keep your bike clean and well-maintained—especially the brakes and drive chain.”
11. **Planning.** “Plan both the route and timing of bike trips to avoid heavy traffic and hazardous conditions. Biking is unsafe on wet pavement and on windy days. Plan for at least hourly rest stops and a maximum of approximately six hours on the bike per day.”
12. **Discipline.** “All participants should know, understand, and follow the rules and procedures for safe biking...”

*For additional health and safety information, consult the Guide to Safe Scouting and the other resources available at the national Scouting Safely website at <http://www.scouting.org/scoutsource/HealthandSafety>.*