



# Arrow of Light Den Meeting 14

## Sportsman

Sportsman activity badge (partial), Bicycling belt loop.

### Preparation and Materials Needed

- Read the Sportsman chapter in the *Webelos Handbook*.
- Review the requirements for the **Bicycling belt loop**.
- Identify any parents or other pack resources who are knowledgeable about bicycling and could be your activity badge counselor for this meeting. Or you might see if a cyclist can visit your den meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
- Communicate with parents to make sure all boys have access to a bike and a proper helmet, and so non-riders have advance notice so the boys have time to learn how to ride a bicycle.
  - Each boy participating in the bike ride must wear an approved bike helmet.
- Determine where a safe place would be to complete the one-mile bike ride. If you are doing this as a field trip, inform families about when and where to meet.
- Review chapter 20 in the BSA *Fieldbook* Web site ([www.bsafieldbook.org/fieldbook.jsp?s=TRK&c=20](http://www.bsafieldbook.org/fieldbook.jsp?s=TRK&c=20)) for cycling links, and bicycle safety guidelines in the *Cub Scout Leader Book* and *Guide to Safe Scouting*.
- Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Bike Safety Quiz (at the end of this meeting plan)
  - Bike repair tools (pumps, spare tubes, tire patch, other tools)
  - Your own bike and helmet!
  - Bicycling belt loops

### Before the Meeting

- Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- Use this time also to discuss participation in upcoming pack meetings or events as needed.
- Explain that today's meeting is to work on the **Sportsman activity badge** because we like sports and games, and we want to practice those to develop skills, fitness and good sportsmanship.

### Activities

- **Sportsman Activity Badge:** Requirements are set out in Arrow of Light Den Meeting. If you have not completed those in the den meeting, you can complete those here.
- Today's activity is to do bicycling and earn the **Bicycling belt loop**. Tips about safe bicycling can be found in the *Cub Scout Academics and Sports Program Guide*. Requirements are:

1. Explain the rules of safe bicycling to your den leader or adult partner.
  2. Demonstrate how to wear the proper safety equipment for bicycling.
  3. Show how to ride a bike safely. Ride for at least half an hour with . . . your den.
- In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).



## Closing

- Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- Hand out or send family information letter.

► **Home Assignment:** Remind boys to review the Sportsman chapter in their *Webelos Handbook* before the next meeting.

## After the Meeting

- If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- Refreshments: If appropriate
- Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

### Bike Safety Quiz

A bicycle is not a toy; it is a vehicle and **you are the driver!**

Learn to share the road and **Ride Safely.**



1. Are there any times when you don't need to wear a helmet when riding a bike?

Answer: \_\_\_\_\_

2. Name three safe bike riding practices:

Answer: \_\_\_\_\_  
\_\_\_\_\_

3. What kinds of things should you check before you begin to ride?

Answer: \_\_\_\_\_

4. Where do most bicycle crashes occur?

Answer: \_\_\_\_\_

5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for:

Answer: \_\_\_\_\_  
\_\_\_\_\_

6. Is it OK to ride a bicycle while listening to audio headphones?

Answer: \_\_\_\_\_

7. What is the most serious type of injury for cyclists?

Answer: \_\_\_\_\_

8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?

Answer: \_\_\_\_\_

9. How do you finish this sentence? Be Safe, Be \_\_\_\_\_! Sore or Seen?

Answer: \_\_\_\_\_

10. Always go with the flow of traffic, and stay to which side of the road?

Answer: \_\_\_\_\_

11. Before entering a roadway, you should look which ways for traffic?

Answer: \_\_\_\_\_

12. Where do you always need to check before changing lanes?

Answer: \_\_\_\_\_

13. Your bicycle helmet should cover your what?

Answer: \_\_\_\_\_

14. Your bicycle helmet should fit how?

Answer: \_\_\_\_\_

15. When making a turn, what do you do for others?

Answer: \_\_\_\_\_

## Bike Safety Quiz Answers

A bicycle is not a toy . . . it is a vehicle and ***you are the driver!***

Learn to share the road and ***Ride Safely.***



**1. Are there any times when you don't need to wear a helmet when riding a bike?**

Answer: No, you should wear a helmet every time you get on any bike.

**2. Name three safe bike riding practices:**

Answers include:

- a. Ride single file.
- b. Obey traffic signs, signals, and lane markings.
- c. Always ride on the right side of the road, with traffic.
- d. Signal your moves to others.
- e. Check for traffic at an intersection.
- f. Stay alert at all times; slow down at driveways.
- g. \_\_\_\_\_

**3. What kinds of things should you check before you begin to ride?**

Answers:

- a. Inflate your tires properly.
- b. Check your brakes before riding.
- c. Always wear bright colors.
- d. Make sure you're not wearing clothes that can get caught in your bike.
- e. Carry your books and other possessions in a bicycle carrier or backpack.

**4. Where do most bicycle crashes occur?**

Answer: At intersections, including driveways.

**5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for.**

Answers: Potholes, wet leaves, storm grates, cracks, gravel, broken glass or trash, water or oil, parked cars (doors flying open), \_\_\_\_\_

**6. Is it OK to ride a bicycle while listening to audio headphones?**

Answer: No.

**7. What is the most serious type of injury for cyclists?**

Answer: Head injuries.

**8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?**

Answer: Pedestrians.

**9. How do you finish this sentence? Be Safe, Be \_\_\_\_\_! Sore or Seen?**

Answer: Be Safe, Be Seen!

**10. Always go with the flow of traffic, and stay to which side of the road?**

Answer: The right side of the road.

**11. Before entering a roadway, you should look which ways for traffic?**

Answer: Left-right-left.

**12. Where do you always need to check before changing lanes?**

Answer: Beside you, in front of you, and behind you!

**13. Your bicycle helmet should cover your what?**

Answer: Forehead and the top of your head.

**14. Your bicycle helmet should fit how?**

Answer: Snugly, all straps snug and attached.

**15. When making a turn, what do you do for others?**

Answer: Signal your turn; show right and left turn signals.