



# Pathfinder Honour: Requirements & Framework

## Cycling 1

Part of Recreation Category of Honours

Honour Patch



Part of Recreation  
Master Honour



### Snapshot of Honour

In this honour, you'll learn about the parts of a bicycle and what they do. You will know about the importance of cycling courtesy and safety rules - such things as wearing a helmet. You'll know about hydrating and commonly-used hand signals.

You'll be familiar with the skills needed to keep a bicycle in good working order. You'll be able to set your saddle (ie seat) to the correct height, check tyres, brakes and other parts of a bike. You'll even be able to fix a puncture.

Then there's the best parts: first up, planning and participating in a route of 20 kilometres and then the big one - the 80 kilometre cycle. So, on your bike and happy peddling!

### Honour History:

Original Honour: 1933, Author not known

General Conference: Reviewed 2001

South Pacific Division: Reviewed November 2010.

- Reviewed Wayne Born, John Sommerfeld, South Queensland Conference

# Cycling 1 Honour

**Honour Framework:** [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Nil
Preparation Time:	Average (4-8 hrs)
Physical Requirements:	Moderate / Exhaustive
Equipment/Materials Required:	Bicycle, Bicycle safety equipment, Bicycle repair tools and materials
Location:	Indoors; Outdoors; Excursion etc
Sabbath Appropriate:	Not likely
<u>Safety &amp; Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. Note: Wearing an approved helmet is compulsory in many places
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	Workbook & Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

## Honour Components:

Requirements:	See following page
Trainer's Notes:	Cycling 1 Trainer's Notes
Student's Workbook:	Cycling 1 Workbook
Assessment Sheet:	Cycling 1 Assessment (On SPD Honour Website but Leader's level access is required)

# Cycling 1 Honour

## Requirements

Source: General Conference SDA: 19 August 2009.

<http://gcyouthministries.org/Ministries/Pathfinders/Honors/tabid/85/agentType/View/PropertyID/293/Default.aspx>

*Note: The requirements for this honour were reviewed by the South Pacific Division and now vary substantially from those listed at the above General Conference website*

1. Know by name and explain the purpose of the various parts of a bicycle.
2. Know and practice courtesy and safety rules when cycling. Include the importance of wearing a helmet.
3. Describe and demonstrate the following important parts of cycling:
  - a. Hydrating.
  - b. Hand signals commonly used when cycling with others.
4. Describe and demonstrate how to:
  - a. Make a quick check of a bicycle before riding it.
  - b. Set the saddle (ie seat) height to match the rider's body size.
  - c. Check the condition of tyres and inflate them to the correct pressure.
  - d. Check brake condition / operation and make necessary adjustments.
  - e. Check chain adjustment and operation of gears.
  - f. Lubricate bearings and other moving parts.
  - g. Preserve and protect a bicycle from the elements.
5. Demonstrate how to repair a punctured bicycle tyre.
6. Plan and participate in a 20 km cycle route, taking into account:
  - a. When to do the ride
  - b. Route to be taken
  - c. Safety on the road
  - d. Road conditions including traffic, condition of road shoulders, road surface etc
  - e. Weather
  - f. Other considerations such as access, other competing events, challenging parts such as steepness.
7. Ride a bicycle 80 consecutive (50 miles) in ten hours or less.
8. Discuss a spiritual application from cycling as a team.

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General Conference Reference No: YOU5390 (CYCLING)