



# Pathfinder Honour: Workbook

## Cycling 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

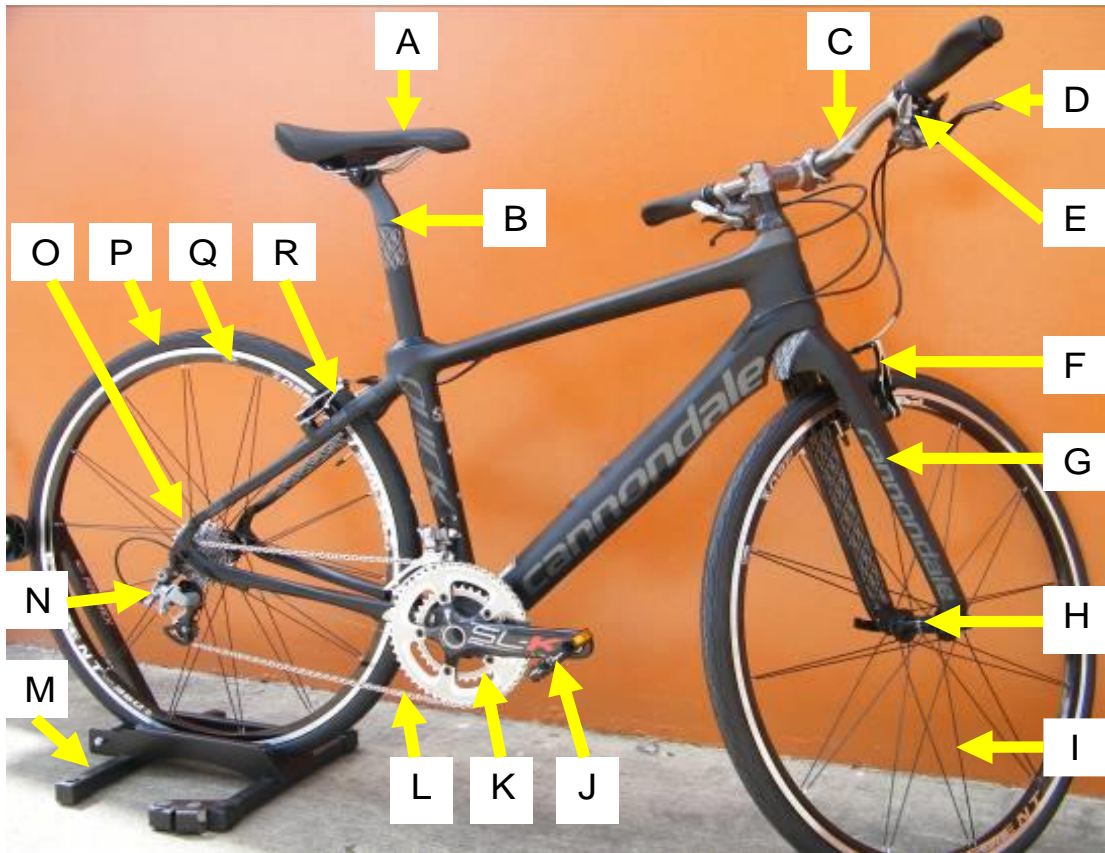
Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

# Cycling 1 Honour

**Requirement 1: Know by name and explain the purpose of the various parts of a bicycle.** Please place the relevant letter besides the bicycle part.



Picture: Thanks to 'Bums on Bikes', Strathpine. (RobertoPadilha)

Bike stand	M
Chain	
Front brake calliper	
Front brake lever	
Front fork	
Front wheel hub	
Front wheel spoke	
Gear shift lever	
Handlebar	

Pedal, right hand side	
Rear derailleur	
Rear sprocket	
Rear tyre	
Rear wheel brake calliper	
Rear wheel rim	
Saddle (ie seat)	
Seat post	
Sprocket	

# Cycling 1 Honour

**Requirement 2: Know and practice courtesy and safety rules when cycling. Include the importance of wearing a helmet. Please list at least 8 rules.**

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

**Requirement 3: Describe and demonstrate the following important parts of cycling:**  
Please write brief notes.

a.	Hydrating.	
b.	Hand signals commonly used when cycling with others:	

# Cycling 1 Honour

## Requirement 4: Describe and demonstrate how to:

Please describe briefly what needs to be done.

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.	

## Requirement 5: Demonstrate how to repair a punctured bicycle tyre.

Please write brief notes

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# Cycling 1 Honour

- Requirement 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.**

Please use the cycling log on the back page of these notes

- Requirement 7: Ride a bicycle 80 kilometres (50 miles) in ten hours or less.**  
Please use the cycling log on the back page of these notes

- Requirement 8 Discuss a spiritual application from cycling as a team.**  
Please write brief notes.

# Cycling 1 Honour

## **CYCLING LOG. Please use for Requirements 7 and 8**

Please make brief notes on what was planned and what actually happened.

		<u>What was Planned</u>	<u>What Actually Happened</u>
	Participants:		
a.	When to do the ride:	Date:	Date:
		Start time:	Start time:
		Finish time:	Finish time:
b.	Route to be taken:	Start:	Start:
		Places visited:	Places visited:
		Finish:	Finish:
		Distance:	Distance:
c.	Safety on the road:		
d.	Road conditions incl. traffic, condition of road shoulders & surface etc:		
e.	Weather:		
f.	Other considerations such as access, other competing events, challenging parts such as steepness.		
	Any other issues:		
	<u>Discussion:</u> What went to plan? What didn't? What could be done differently? Etc		

# Cycling 1 Honour

		<u>What was Planned</u>		<u>What Actually Happened</u>	
	Participants:				
a.	When to do the ride:	Date:		Date:	
		Start time:		Start time:	
		Finish time:		Finish time:	
b.	Route to be taken:	Start:		Start:	
		Places visited:		Places visited:	
		Finish:		Finish:	
		Distance:		Distance:	
c.	Safety on the road:				
d.	Road conditions incl. traffic, condition of road shoulders & surface etc:				
e.	Weather:				
f.	Other considerations such as access, other competing events, challenging parts such as steepness.				
	Any other issues:				
	<u>Discussion:</u> What went to plan? What didn't? What could be done differently? Etc				