

# "Copyright Notices"

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Requests for permission or further information should be addressed to Samantha Eagle, PO Box 245, La Manga Club Murcia, 30389, Spain.

Published by Samantha Eagle  
PO Box 245, La Manga Club Murcia, 30389, Spain.  
Email: [sameagle@easierscouting.com](mailto:sameagle@easierscouting.com)

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# Beavers Cyclist Badge

## Overview & Timings

There are **four main** tasks the Beavers need to carry out to complete the 'Cyclist Badge'. Below I have outlined roughly what I've created for them to gain this badge.

**Task 1 Find Out Why It's Important To Wear Safety Equipment Like A Helmet, Reflective Clothing And Lights**

For this task the Beavers will draw some safety clothing on their own cyclist.

**File name:** 01-Safety Equipment

**Task 2 Show How To Put On And Wear A Cycle Helmet Correctly**

For this task you will demonstrate (using the information in this activity) how to wear a helmet correctly. Then the Beavers can take it in turns to practise this.

**File names:** 02-How to wear a helmet correctly

**Task 3 Show How To Pump Up A Tyre**

For this task you will demonstrate how to pump up a tyre.

**File name:** 03-Pump up Tyre

**Task 4 Go For A Short Ride In A Safe Place**

I have split this task into 3 sections; they include teaching: non riders to ride a bicycle, new and experience riders to follow a simple course and experienced riders to follow an obstacle course.

**File name:** 04-Short Ride

## Order Of Events

**NOTE:** Perform the tasks in this order. These timings are based on a meeting of about 1 hour and takes into account your opening and closing ceremonies.

### Week 1

|               |                  |                  |
|---------------|------------------|------------------|
| <b>Task 1</b> | Safety Equipment | Allow 15-20 mins |
| <b>Task 2</b> | Helmet Safety    | Allow 20 mins    |

### Week 2

|               |                                   |                  |
|---------------|-----------------------------------|------------------|
| <b>Task 3</b> | Demonstrate how to pump up a tyre | Allow 10-15 mins |
| <b>Task 4</b> | Short ride                        | Allow 40 mins    |