

Beavers Cyclist Badge

Show How To Put On And Wear A Cycle Helmet Correctly

2, 4, 1 Salute[©]

By Samantha Eagle

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WARNING

If you are using a colour printer and do not intend to print in colour you must change your print settings to “Greyscale” if you don’t do this the pictures will not print clearly (your print settings are found in the print dialog box).

Overview

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.

Preparation Before The Meeting

1. Print out the helmet demo handout for each team of two – there are three on the page

Materials Needed

- At least one helmet between four Beavers

Preparation At The Meeting

1. Prepare areas with the helmets and instructions laid out

Directions/Leader Speak

1. **Speak** - The next task you need to complete for your ‘Cyclist Badge’ is to know how to wear a helmet correctly.

Wearing a helmet is the most important piece of equipment that you should remember to wear. It could save your life. Even a tiny fall from your bike could cause you to bang your head
2. **Speak** - The best way to remember how to wear your helmet is to carry out the ‘2, 4, 1 salute’
3. **Speak** - This means...
 - a. 2 fingers to check if the helmet is sitting on the front of your head correctly
 - b. 4 fingers to check if the straps around your ears are correct
 - c. And 1 finger to check that the strap under chin is tight or loose enough
4. **Action** – Using the diagram demonstrate this by putting a helmet on one of the Beavers
5. **Action** - Then give the handout to each team of two so they can see the boy in the picture doing it
6. **Direction** - Now split them into teams of four (the team numbers will depend on how many helmets you have) and allow them all to practise with your guidance



2

Place 2 fingers above your eyebrows to the bottom of your helmet. The edge of the helmet should be two fingers above the eyebrows to protect the forehead.



4

Use 2 fingers from each hand to make a V shape. The straps should meet in a V shape just below the ears



1

One finger should fit between the chin and the chin strap



2

Place 2 fingers above your eyebrows to the bottom of your helmet. The edge of the helmet should be two fingers above the eyebrows to protect the forehead.



4

Use 2 fingers from each hand to make a V shape. The straps should meet in a V shape just below the ears



1

One finger should fit between the chin and the chin strap



2

Place 2 fingers above your eyebrows to the bottom of your helmet. The edge of the helmet should be two fingers above the eyebrows to protect the forehead.



4

Use 2 fingers from each hand to make a V shape. The straps should meet in a V shape just below the ears



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One finger should fit between the chin and the chin strap