BIKE HIKE

Bike Week which is coming up shortly in June. The aim of National Bike Week is to encourage people to cycle more often. Why not plan a programme cycle culminating with a Bike Hike during Bike Week.

Prior to that, arrange to have the local Community Garda Síochána visit the Cub Pack to give a demonstration on bike safety on the roads.
Ask a member of the local cycling club or triathlon club to come and inspect your bikes and show you how to do some simple maintenance checks.

There will be lots of local events run by local authorities and cycling clubs in which the Cubs can take part. Check out www.bikeweek.ie for a list of same.

Plan

Planning: Sixer Council

Bike Hike

- Are all the Cub Scouts able to cycle?
- Where will we go?
- How far should we cycle?
- How much time will it take?
- Has each Cub a bike or can they borrow a bike for the hike?
- Will we ask family members to accompany us?
- Do we want to make it a fundraising event for summer camp or new tents?
- Should we have drinks and treats after the hike while we are waiting for everyone to return?
- Do all the Cub Scouts know what the road signs mean?

Plan

Which Travel Cards could we use?

Sean's **Green** Travel Card – **What harms me**

Turas – Does each Cub in your Six have a bike with good tyres? Make sure each Six has a bike tyre pump for the hike

Taisteal – Make a list of what each Cub should pack in their day bag for the hike ie. personal first aid kit, sunscreen, hat, wet gear, drink, snack

Tagann- Check to see that each Cub has a Hi Vis jacket and test their helmet to make sure it's suitable. See chart on next page.

Eva's **Purple** Travel Card – **Life's Challenges**

Turas – How far and for how long can I cycle

Taisteal – Is it safe to travel on the road; are there bike paths; buddy up with a new Cub Scout

Tagann- On a map, choose a safe route to your destination making sure that the route won't be too tiring on the younger Cubs (or Scouters), make sure the Turas Cubs aren't afraid of cycling a long distance

Does your helmet fit properly?

Take the Helmet Fit Test

1

Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2

Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3

Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

Print a copy of this simple test, laminate and give to each of the Sixers to check the suitability of the helmets of the Cubs in their Six

Preparation:

Local Newspapers & Radio
Invite the local newspapers to your Bike Hike. Where possible, include a high resolution photograph to accompany your news. Inform the local radio station of your event.

Social Media
Increase awareness of your event on social media to encourage greater participation. Update regularly with news and photos in the lead up to and during Bike Week.

Safety
Hi Vis jackets can be obtained from the Road Safety Authority or from some Garda Stations.
Inform the Gardaí of your route and estimated numbers.

Do

- On the day of the event, Sixers to make sure all members of their Six are wearing helmets and Hi Vis jackets and that they know who their Buddy is.
- Have a “Check In” and “Check Out” location, to make sure that everyone on the Bike Hike starts and returns safely.
- Assign a seasoned cyclist to lead the Hike and set a steady pace that while challenging the Cubs, will not overwhelm their abilities.
- If numbers are high, have a Safety Car with flashing lights lead the cyclists. Have a car follow the cyclists with a qualified first aider, spare parts and a bike rack/roof rack for non finishers.
- Take a Group Photo
- Provide water at the finish line to ensure that everyone is hydrated

Review

Gather the Cub Scouts in their Sixes and with the help of a Scouter review the Bike Hike. Each Cub Scout can mark of parts of their travel cards which is relevant to their role in the activity.

Sean's **Green** Travel Card – **What harms me**
Turas – Did each Cub manage to finish the hike safely without stopping to pump up their bike tyres
Taisteal – Were there any injuries or accidents
Tagann – Did all the Cubs wear the required Hi Vis jacket and were there any helmets that were not suitable

Eva's **Purple** Travel Card – **Life's Challenges**
Turas- Are you proud that you cycled for such a long distance and finished the hike
Taisteal- Would bicycling lanes have made the journey safer; did your Buddy finish the hike or was it a struggle for them
Tagann- Do you think that the Bike Hike was a success; would it be worth doing again; what would you do differently next time