

Bike Ride - April 2024

Spring is in full swing in our council, and there is no better time to get outside and enjoy some fresh air and sunshine!

One of the best things to do is ride a bike on a bright spring day. However, there are a few things you need to know and do before you head out.

Know before you go - use the internet to learn these before you go!

- *Hand signals:* left turn, right turn, stop.
- *Where you can ride your bike:* Is there a bike lane? Can you ride on the sidewalk?
- *The rules of the road:* Obey all traffic signs and signals. Follow the flow of traffic. Be aware of what is around you - cars, people, obstacles, etc.

Do before you go

- *Check your bike with ABC:*
 - Air in tires - make sure your tires are in good condition and properly inflated.
 - Brakes - make sure your brake cables are in good condition, secure, and that your brakes work
 - Chain - make sure your chain moves smoothly over the gears; oil if necessary.
- *Wear your helmet.*
- *Tell someone where you are going and when you will be home.*
- *Take a buddy - it's more fun!*

The Bike Ride Challenge - go for a bike ride. The more riding, the better. Keep a journal of when and where you ride. Who did you ride with? Anything of interest happen? Remember to take a photo of you on your Bike Ride Challenge.

NOTE: If you are doing this challenge as a troop, please refer to the Safety Activity Checkpoints for more information before you go.

Deadline to submit your Bike Ride Report:

Tuesday, April 30, 2024, at 5:00 PM MDT.

Submit report at: https://bit.ly/BikeRide_Apr2024

You will receive your patch in 3 - 4 weeks after the end of challenge.

If you have any questions, please email info@gdsw.org.