

Singapore Royal Rangers National Office



Merit Requirements: **Gold-Bordered Merit**

CYCLING

Note: This merit, the Advanced Swimming Merit, or the Hiking Merit is required to earn the Gold Medal of Achievement.

All cyclists must wear a properly fitted helmet when completing the riding requirements of this merit.

1. Prepare your bike for inspection by completing the following:
 - a. Perform necessary maintenance.
 - b. Demonstrate how to adjust brakes and the derailleur.
 - c. Prepare a safety checklist and use it to inspect your bike.
 - d. Properly clean your bike.
2. Have your bike inspected by your group leader. Complete the following items as part of your inspection:
 - a. List and label the parts of a bike.
 - b. Describe the components of your bike that require routine checks to insure the bike is safe to ride.
 - c. Describe the components of your bike that require regular oiling.
 - d. Describe how to adjust the seat and handlebars to fit your body.
 - e. Describe what repairs or tune-up you performed on your bike in preparation for the inspection.
3. Demonstrate how to repair a flat.
4. Demonstrate your knowledge of the bike safety rules of the road by completing the following:
 - a. Show how to brake safely.
 - b. Show how to make safe left and right turns at intersections and non-intersections of a street.
 - c. Demonstrate how to safely ride next to a row of parked cars.

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- d. Show how to safely ride along a curb or along the edge of an uncurbed road.
 - e. Explain the traffic laws for bikes and how they differ from laws for automobiles.
5. Complete the following bike trips. Write a report for each of the trips. The reports should include information listing the dates, the routes traveled, and what you observed along the way.
- a. Two 10-km trips
 - b. Two 15-km trips
 - c. Two 25-km trips
 - d. One 50-km trip completed in one day