

Give it a Go Guides Cycling badge



To gain your 'Give it a Go' cycling badge, you should try each of these activities below with the help of your unit leader or attend a taster session with a local coach.

- Name and identify the key parts of a bike.
- Identify what is essential to have on bikes to remain safe and in control.
- Research and discuss the importance of bike maintenance and road safety.

1 Activity 1 - Snail race

- In a line you will all race against each other to get to the other side.
- The winner of the race will be the cyclist who gets to finish line last.
- This race is all about control of the bike and how slow you can cycle without falling.
- If you put your foot down on the floor – you are disqualified from the race.

2 Activity 2 - Obstacle course

- Weave through the obstacle course as quickly and safely as you can.
- If you put your foot on the floor more than 3 times you must start again.
- Time your go and see if you can improve it.

3 Activity 3 - Water balloon pop

- Place water balloons on the floor.
- The aim is to cycle over the balloons to pop them
- How many balloons can you pop in one cycle around the circuit.

[Click here to buy badge](#)

4 Activity 4 - Bowling

- With your bike aim at the pins, either inflatables or large cones.
- Use anything light, and knock down as many as you can in 2 bowls.
- Use the same score system as you would in bowling (e.g. strike, split)

Health and safety

Members will need to provide their own bike/scooter and safety equipment.

