

Give it a Go Rangers Cycling badge



To gain your 'Give it a Go' cycling badge, please complete the following activities or attend a taster session with a local qualified coach.

Health and safety

These activities will need to be completed outside of the unit meeting area, in a large space that is safe for cycling.

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

1 Activity 1 - Bike maintenance

- Complete these basic bike maintenance and safety activities: (Research as a unit or individually)
- Repair a puncture on: Wheels, inner tube
- Clean your bike with the correct equipment.
- Check if your bike is safe to ride
- Make sure you have suitable clothing.
- Learn how to fit your own helmet correctly and safely.

[Click here to buy badge](#)

2 Activity 2 - Pokemon Go!

- Go on a hunt for pokemon on bikes in your local area.
- Activity must be done for at least 30 minutes.
- How many pokemon can you find?
- Complete this with your unit, your family and your friends.

3 Activity 3 - On your marks!

- Relay race (complete this in an area that has ample space for several groups to participate safely)
- In teams of 4, each participant will cycle the distances below to their next team mate. The last team mate will cross the finish line – team to complete this first will win.
- Choose from the following race formats
- 1) 4x4 100m race 2) 4x4 200m race 3) 4x4 400m race 4) 4x4 800m race

