



THE *scout* ASSOCIATION
OF MALTA
Xghajra Scout Group

xghajrascouts.org

2.05. Cyclist

- (a) Use a bicycle that is the correct size for you and ensure you have all the necessary safety equipment, including a helmet.
- (b) Show how you keep your bicycle in roadworthy condition, checking for:
 - Wobbly wheels
 - Loose pedals or steering
 - Tyre pressure
 - Cleanliness and oiling
 - Working lights and brakes
 - Ability to mend a puncture
- (c) Research and present information about an important cyclist or a major cycling event.
- (d) Go for a short ride in a safe area, demonstrating to your leader that you can ride safely and confidently while following the: Highway Code – Rules for Cyclists, including how to mount and dismount correctly.
- (e) Understand why it is important to lock your bicycle when it is unattended.