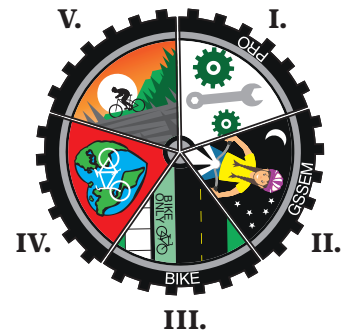


# GSSEM Bike Pro Patch Program

About this progressive patch program:  
After earning every patch, Girl Scouts will be able to safely and confidently ride a bike for better health, having fun, and getting from one place to another!



**I. Bike Basics: Learn about the fun tool that can improve your health, get you to work or school, and join a larger group of enthusiasts around the world all while having fun. While you may already have perfected riding a bike, test your knowledge and learn even more.**

**A. Anatomy of a bike**

1. A bicycle is a simple machine. Its basic design hasn't changed much since it was invented 200 years ago. Before you ride, it's nice to know how your machine works. Use this step to get to know your bike a little better. Discover the parts of a bicycle. Did you know that a bicycle has at least fifteen parts? Learn and label the parts of your bike—and then quiz yourself!



**B. The right bike for you**

1. Bikes come in all shapes and sizes and some work better on the road and others work better on the trails. Learn which bike is right for you. Visit your local bike shop and talk to an expert in the field. They can help you determine what kind of bike is best for the riding you prefer to do.

**II. Bike Safety: Participate in an in person bike clinic or virtual class to make sure you are knowledgeable, safe, and prepared when you head out on your bike.**

**A. Personal Safety**

1. Before you ride, it's important to know how to keep yourself safe. Protect your head! In many places, children are required to wear a helmet while riding. Wearing a helmet is a good idea no matter how old you are. Before you ride, find a helmet you like to wear, and make sure it fits on your head correctly. Wear it every time you ride!



**B. Equipment Safety**

1. Get a bell for your bike, to help you communicate with pedestrians who might cross your path. Try filling your tires with air. After lots of riding, your tires will need some extra air. This is the easiest part of bike maintenance you will need to know and do. Borrow a bike pump from a parent, friend, or bike shop, and learn how to pump up those tires! Learn how to fix a flat tire on your bicycle. Put together your own Fix-a-Flat Toolkit to bring with you on longer rides.

**III. Riding Rules: Every sport has rules, and biking is no different. Just like driving on the road or playing soccer, there are basic rules every rider should know. Learn more about riding rules and be sure to practice them every time you ROLL OUT!**

**A. Bicycles are legal vehicles.**

1. A bicyclist can ride in the street with cars. This means that bicyclists need to follow all the same rules as cars—especially when it comes to stopping at stop signs and lights and riding in the same direction as traffic. Research the rules where you live, and make sure you are following the law on your bike! Know your hand signals. Stay safe on your bike, by being visible and predictable. One way to do this is signaling before you make a turn—just like a car does! Practice signaling right turns, left turns, and 'slow down' while riding your bike.



**B. City bike lanes.**

1. Bike lanes are becoming more and more commonplace in communities across SE Michigan. Find out if your community has bike lanes, plans to install bike lanes and

why or why not. Bike lanes often have special markings, much like roads for cars, learn how to navigate bike lanes by learning the rules of the bike road.

C. Trail etiquette.

1. Mind your manners on the trails. Yes, proper etiquette on trails is important to keeping trails open and usable to all bikers. The International Mountain Bike Association is a great source for mountain biking etiquette. Be sure you know the rules before you hit the trails.

[Read the basic rules »](#)

**IV. Benefits of Biking: Did you know biking is not just a good form of exercise, it is good for the planet too! Learn more about the benefits of biking and share what you learned with friends and family.**

- A. Benefits to your body: Riding a bike is good for your heart, and your mind. Learn how biking impacts your body as you ride. You could monitor your heart rate and calories burned to determine how healthy you are getting just by riding your bike.



- B. Benefit to the planet: Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars. Bike riding conserves roadway and residential space, thereby providing opportunities for less concrete and more plant life in urban areas. Can you calculate how much you reduce your carbon foot print by biking instead of driving?

- C. On your own, learn more about the economic and social benefits of biking. Share what you learn with your troop members, friends and family.

**V. Biking Fun: There are so many ways to enjoy riding you bike. Choose 3 of the 5 activities below to complete the Biking Fun patch.**

A. Ride your bike!

1. Ride your bike to school. Plan a safe route and try riding your bike to school one day! Some schools celebrate Walk and Bike to School Day. See if your school is celebrating at [walkbiketoschool.org](http://walkbiketoschool.org). Tip: Plan ahead to make sure there's a place to lock or store your bike at school!



2. Pedal for fun, with friends or family. You don't need a special destination to have an adventure on your bike with friends. Try riding to a park with your troop for a picnic lunch, or exploring a nearby neighborhood by bike with your family.

B. Go on a Bike Adventure:

1. Sign up for a youth bike race, duathlon, or triathlon! While bicycling doesn't have to be a competition, a race can be a good goal to set for yourself. Who knows—maybe you will be a professional racer one day! For more FUN: Learn about a famous female triathlete. How did she get started? What kinds of challenges did she have to overcome?

2. Participate in a large bike event: There are many opportunities to ride your bike with others. Choose a large event to ride your bike to join the larger community of bike enthusiasts. A large event can help promote the benefits of biking, for your health, and for the planet. Here are a few opportunities to join others in biking adventures.

- Girl Scouts Roll Out! – An urban bike tour just for Girl Scouts
- Tour deTrois – An urban bike tour open to everyone.
- Slow Roll – urban bike tour – An urban bike tour open to everyone.
- A road bike tour – Usually a long bike ride through rural areas.
- A mountain bike adventure- A biking adventure on designated trails in state park and recreation areas.

C. Try something new:

1. Find a Unicycle club and try it out.
2. Fat Tire Bikes can be a fun off road experiences. Not sure what a fat tire bike is? Find out.
3. Join a riding club or start one.
4. Rent a bicycle built for two