

PHYSICAL CORE

# CYCLING

BADGE REQUIREMENTS CHECKLIST (BRC)  
VERSION: 2026.1

SAINTS GLOBAL MEMBER

NAME: \_\_\_\_\_ BATTALION: \_\_\_\_\_ TROOP: \_\_\_\_\_

SKILL BADGE ADVISOR

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

## STEP 1 | DISCOVER

INITIALS

- a) Explain common cycling hazards (traffic, weather, terrain, visibility, fatigue) and how to anticipate, prevent, and respond to them. (TLX: 1.0) \_\_\_\_\_
- b) Demonstrate first aid knowledge for cycling-related injuries and illnesses, including abrasions, concussions, heat and cold injuries, dehydration, and bites or stings. (TLX: 1.2) \_\_\_\_\_
- c) Explain the importance of proper cycling clothing and a correctly fitted helmet, and demonstrate correct helmet fit. (TLX: 1.0) \_\_\_\_\_

## STEP 2 | PLAN

INITIALS

- a) Explain state and local bicycle laws and how they compare to motor vehicle laws, including lane position, signaling, and intersection behavior. (TLX: 1.3) \_\_\_\_\_
- b) Prepare a written ride plan for a long ride including route, distance, surface, traffic considerations, weather, water, nutrition, and emergency plan. (TLX: 1.5) \_\_\_\_\_

## STEP 3 | ACT

INITIALS

- a) Inspect, clean, and adjust a bicycle using a safety checklist, including brakes, drivetrain, tires, and fit, and present it for inspection. (TLX: 1.9) \_\_\_\_\_
- b) Demonstrate bicycle handling skills: mounting, starting, stopping (including emergency stop), straight-line riding, turning, scanning, signaling, and gear shifting. (TLX: 1.9) \_\_\_\_\_

- c) Repair a flat tire by removing the wheel, replacing or patching the tube, and remounting the tire. (TLX: 1.8) \_\_\_\_\_
- d) Complete a series of endurance rides totaling at least 60 miles across multiple days, with no single ride shorter than 10 miles, maintaining safe and lawful riding practices. (TLX: 2.0) \_\_\_\_\_
- e) Complete one long ride of at least 30 miles in a single day, demonstrating pacing, hydration, nutrition, and hazard awareness. (TLX: 2.0) \_\_\_\_\_
- f) Lead or assist in leading a ride using the buddy system, helping manage route, pace, safety, and morale. (TLX: 1.9) \_\_\_\_\_

**STEP 4 | REFLECT**

INITIALS

- a) Explain what you learned about safety, pacing, and preparation from your longest ride, including one challenge you overcame. (TLX: 1.2) \_\_\_\_\_
- b) Describe how cycling has strengthened your discipline, confidence, and ability to act responsibly in traffic and group settings. (TLX: 1.2) \_\_\_\_\_

**END OF REQUIREMENTS**

**BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.**

\_\_\_\_\_  
SKILL BADGE ADVISOR

\_\_\_\_\_  
DATE (YYYY-MM-DD)