



Rolling Tigers

Tiger Elective



Note to Parents, Guardians, or other Caring Adult

Occasionally, the requirements ask the Cub Scout to address or present to their den. This can be facilitated by recording your Scout with the use of a smartphone, computer with a camera, or an alternative device. WHEN RECORDING, PLEASE ENSURE THAT YOUR SCOUT IS WORKING WITH AN ADULT TO VERIFY THAT WE ARE USING SAFE INTERNET PROTOCOLS AND PROPER YOUTH PROTECTION GUIDELINES.

Please send or email your videos to your local Den Leader or Cubmaster so they can record your completion on this elective.

You can complete any of the requirements, but this slideshow is designed with preselected activities that would be most suitable to complete at home.

Online Resources

[Rolling Tigers Workbook](#)



Rolling Tigers

Requirements

Complete Requirements 1-3 plus at least two others.

1. With your den or with your parent, guardian, or other caring adult, try on safety gear you should use while riding a bike. Show how to wear a bicycle helmet properly.
2. With your den or with your parent, guardian, or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.
3. Learn and demonstrate proper hand signals.

4. With your den or with your parent, guardian, or other caring adult, do a safety check on a bicycle.
5. With your den or family, go on a bicycle hike wearing your safety equipment. Follow the bicycling safety and traffic laws.
6. With your den or with your parent, guardian, or other caring adult, discuss two different types of bicycles and their uses.
7. Learn about a famous bicycle race or famous cyclist. Share what you learn with your den.
8. Visit your local or state police department to learn about bicycle riding laws.
9. Identify two jobs that use bicycles and discuss how they are used.

Rolling Tigers Requirements

1. With your den or with your parent, guardian, or other caring adult, try on safety gear you should use while riding a bike. Show how to wear a bicycle helmet properly.

Teaching Children Bicycle Safety

Kids and Bicycle Safety

Does your helmet fit properly?
Take the Helmet Fit Test

- 

Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.
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Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.
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Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

SAFE KIDS GRAND FORKS

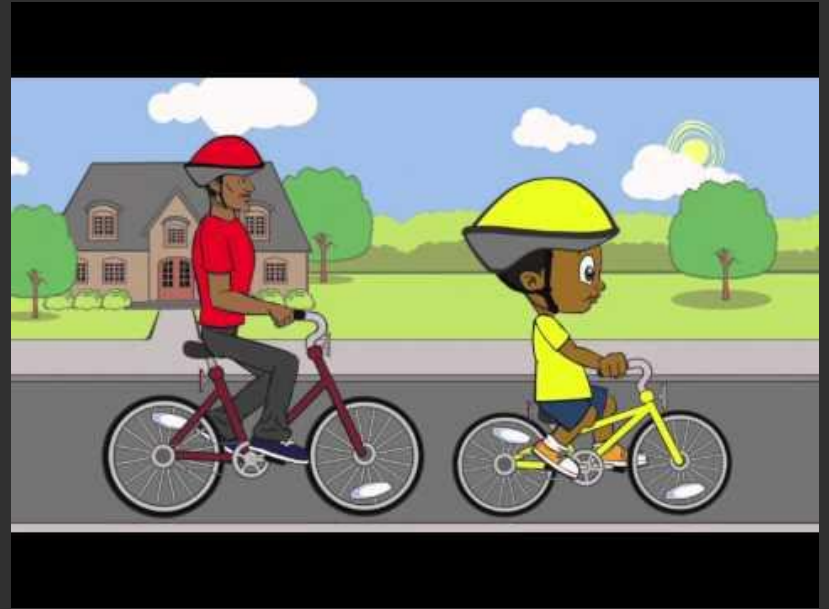
Altru
HEALTH SYSTEM

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Rolling Tigers Requirements

2. With your den or with your parent, guardian, or other caring adult, learn and demonstrate safety tips to follow when riding a bicycle.



Record:









Demonstrate Safety Tips



Rolling Tigers Requirements

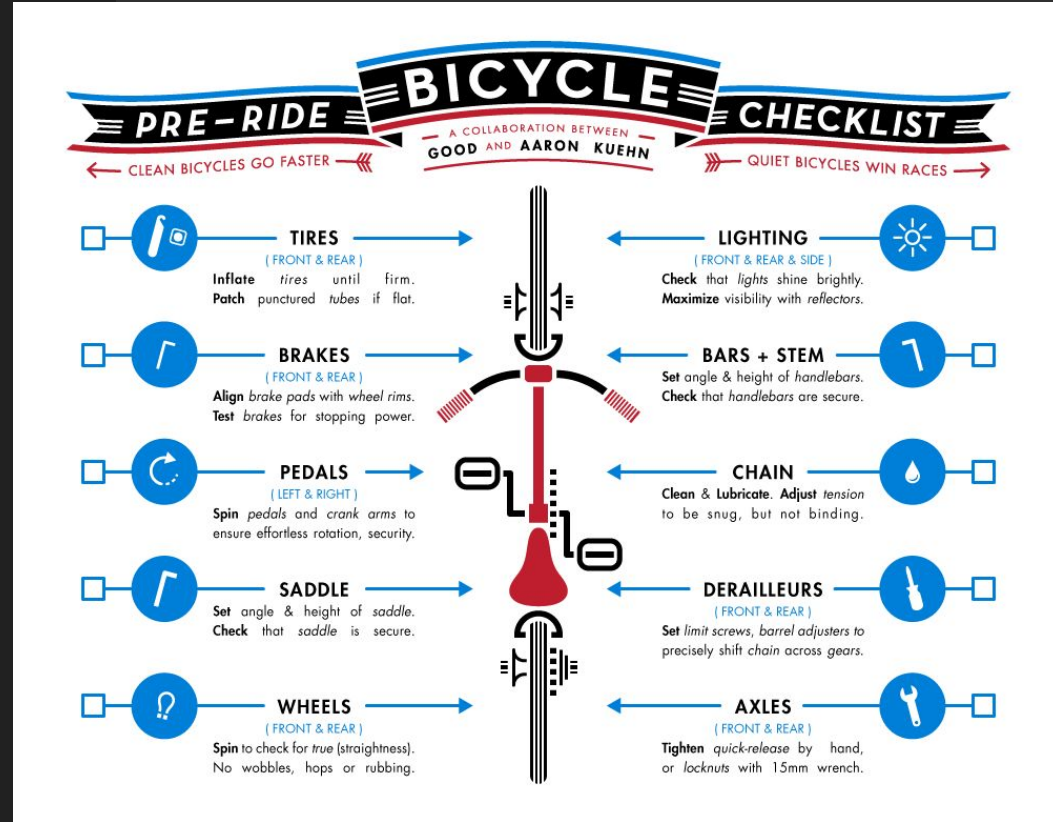
3. Learn and demonstrate proper hand signals.



Front View	Hand Signal	Back View
	Left Turn Extend your left arm out sideways with all fingers extended or use your index finger to point left.	
	Right Turn Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of hand facing forward.	
	Alternative Right Turn Extend your right arm out straight with all fingers extended or use your index finger to point right.	
	Stopping or Slowing Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.	

Rolling Tigers Requirements

4. With your den or with your parent, guardian, or other caring adult, do a safety check on a bicycle.



Rolling Tigers Requirements

Road Bicycle Racing

Tour de France (Kid Version)

7. Learn about a famous
bicycle race or famous
cyclist. Share what you
learn with your den.

