



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Cycling

- I. Explain to the Assessor how to check the functions of a bicycle and the maintenance of a bicycle.
- II. Read a road map. At the assessment, cycle for approximately 2 km along a route indicated on the map by the Assessor.
- III. Demonstrate how to mount and dismount on the kerb side.
- IV. Demonstrate how to replace a loose chain.
- V. Explain the Highway Code as it applies to cycling.
- VI. Explain the proper equipment required on a bicycle and the cyclist for cycling at night.

Hong Kong Award for Young People

Holders of this badge who participate in an organized activity for six hours in a three month period are qualified for the same topic in the Physical Recreation Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.