

Pack Bike Ride Safety Talk

Leader Checklist

This checklist is a quick guide for what to cover before starting a pack bike ride. You don't need to say everything word-for-word — use what fits your group and the day. If you're short on time, focus on the bold items.

Before You Start Riding

- ■ Helmets on and buckled
- ■ Closed-toe shoes
- ■ Water bottles ready

A quick visual check helps everyone feel prepared before rolling out.

Riding Together

- ■ We ride with a buddy
- ■ Stay with your buddy at all times
- ■ Ride on the right, pass on the left
- ■ If you need to stop, stop with your buddy and tell a leader

Hand Signals to Watch For

- ■ Stop
- ■ Slow down
- ■ Turning (show both left and right)
- ■ Pointing out hazards on the ground

Breaks & Water

- ■ Take water breaks as needed
- ■ It's okay to stop and rest
- ■ Let a leader know if you're feeling tired

Parents & Helpers

- ■ Parents are welcome to ride with their scout
- ■ Especially helpful for younger or newer riders
- ■ Leaders will ride with the group

Final Reminder

- ■ If something feels off, speak up
- ■ If you need help, ask
- ■ The goal is fun, not speed

Thanks everyone — let's have a great ride!

Tip for leaders: This checklist is meant to be read quickly, not taught like a lesson. If the group is young or restless, hit just the bold items.