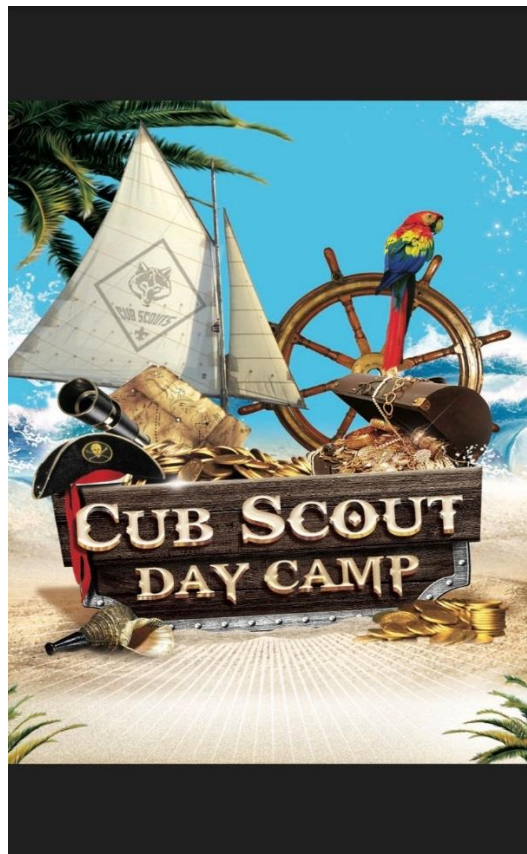


Harford District
2018 Cub Scout Day Camp
June 24-29, 2018
Cub Buccaneers, Adventures on the High Seas

Is She Sea-Worthy?

Bike Repair
Web I: Fix-it



Station Volunteer's Guide

Volunteers do not necessarily have the time;
They have the heart. And YOU are the heart of our camp.
Thank you!



Please, please read this guide!

What is being covered at most stations is important so that the scouts earn the correct achievements toward rank or advancement. Some stations are JUST for fun, though and are not designed for earning anything.

HOW YOU present the material is not set in stone and can be presented in any manner that best suits you, as LONG AS THE REQUIREMENTS ARE MET FOR THE SCOUT.

.....in other words...

If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! *This is only a guide...do what works best for you and the scouts coming to your station.*

One other thing to keep in mind - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

Station Procedures

- *Read your schedule and BE PREPARED!*
- Monday: stations begin at 10:15am; Tues-Fri: stations begin at 9:15am
- Usually 2 dens at a time (max 24 youth),,,,,but there could be more
- Greet dens as they arrive. Ask for their cheer!!!
- It is very important that you start and end on time!
- Each time limit is only 45 minutes.
- Late arrivals **CANNOT** stay late; it interferes with the overall schedule. If available, they can come back at a free time.
- Execute the station with energy and enthusiasm! Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Remember the Alamo, um BEADS!! One bead/scout/participation.
(Beads can be given to the den leader for distribution.)
- Take a breath, then prepare for your next group.

• *Last station of the day*

Organize station items in the bag/container provided and store where directed. In case of inclement weather, take your station items to the nearest shelter where directed.

Complete a Station Evaluation (inside front cover). Return to the Admin tower or the Crouse Building.

******Last station of the week******

Dispose of anything no longer useable: please recycle when appropriate.

- Inventory your station (See the inventory sheet in the front pocket of the station guide)
- Return all items that you can to Crouse/trailer staff.
- You are ALWAYS invited to help pack up the camp!

Fix it Requirements for this station:

1. Make a repair to a bicycle, such as tightening a chain, fixing a flat tire, or adjusting the seat or handlebars.
2. Properly lubricate the chain and crank on a bicycle.
3. Properly inflate the tires on a bicycle.

Set-up:

Open Fix-it bins and:

- 1) Locate the bikes.
- 2) Spread the bikes out in a semi-circle facing the instructor.
- 3) Distribute the wrenches to the bikes (checking for fit)
- 4) Make sure that at least one bike tire is at a low pressure
- 5) Keep the cans of WD40 until needed and have the youth volunteers pass out

READ ALOUD: Someone who can 'FIX IT" can do many different jobs. He knows how to take care of a car and a bike. He uses tools to make repairs around the house, and he takes care of the lawn. When you work on this activity badge, you can learn a lot about keeping a car, bike, and home in good shape.

A bicycle is a lot simpler to maintain than a car. But it is a machine, too, so it needs to be taken care of just as a car does.

Task #1 Inflating the tires

READ ALOUD: A bicycle's tires should be kept at the correct pressure. The pressure may be stamped on the side of the tire. If it isn't, check with the bicycle owner's manual.

- use the gauge to check the pressure. (Pressure should be LOW; if not, let out some air)
- inflate a tire with a hand pump
- Continue checking until the pressure is correct.
- In pairs, have the scouts check the pressure.

Task #2 Lubricating the chains

READ ALOUD: Oil prevents rust and helps to keep a bicycle running smoothly.

- turn the bicycle upside down.
- Use the pedals to make the crank turn,
- spray the chain with WD40 to coat the chain
- When all the links of the chain have a light coating of WD40, you are done.
- Wipe any extra from the chain and sprocket with a rag.
- Pair up and have the scouts oil the chain

Task #3 Adjust Handle Bars and Seats Correctly

READ ALOUD: Scouts, why do you think that you would need to adjust the seat or the handle bars?

Possible answers include: the bike rider may have grown and now the seat and handle bars are too low, the bike may have been borrowed from a different sized friend, etc.

- **To adjust the seat or handle bars of the bike, all you will need is the right wrench.**
- To change the height of the seat, loosen the bolt that keeps the seat post tight in the frame
- raise or lower the seat post to the height that you need. **Make sure that you leave at least 2 inches of the seat post in the frame.**
- **You can raise and lower the handlebars on your bike and also change the position of the handlebars.** Find the bolts that control these adjustments and loosen the bolts.
- In pairs, have them complete both adjustments.

Task #4 Adjust a Bike Chain

READ ALOUD: Sometimes a bike chain may be too loose and fall off the axle while you are riding. If that happens, you will need to tighten the chain. First, you will need to turn the bike upside down.

- Turn the bike upside down.
- Loosen the two axle nuts on the rear wheel with a wrench. (If the bicycle has a coaster brake, loosen the brake arm mounting nuts, too.)
- Pull the wheel back until the chain has about $\frac{1}{2}$ inch of play in the center.
- Tighten the axle nut on the chain side. (Make sure that the wheel is centered between the chain stays.)
- Tighten the other axle nut and the coaster brake arm mounting nuts. (Don't try to adjust the chain on a multispeed bike that has a derailer.)
- In pairs, have the scouts complete the adjustment

Break-Down

1. Stack the bikes in one area for overnight storage.
2. Return the tools and WD40 to the bins.
3. Dispose of the rags and trash.

*******Last station of the week*******

Lucky YOU!!

- Dispose of anything no longer useable: please recycle when appropriate.
- Inventory your station (See the inventory sheet in the front pocket of the station guide)
- Return all items that you can to Crouse/trailer staff.
- You are ALWAYS invited to help pack up the camp!

Inventory

<u>Bike Repair (Fix It)</u>		
	opening	closing
bikes	numerous	
hand pump		
WD 40		
rags		
wrenches		
screwdrivers		
air pressure gauge		

