

CYCLING ACHIEVEMENT - BIKE FOR BIBLES

This information was prepared by The Bible Society in Australia (South Australia) and could be adapted for older Juniors, Seniors or Pioneers.

PART 1 - BICYCLE CARE AND MAINTENANCE

AIM: To understand the workings and maintenance of a bicycle.

BASICS: To have a thorough knowledge of upkeep and care of a bicycle.
To be able to mend a puncture, adjust handle bars and saddle & correctly fit helmet.

INSTRUCTOR

To take between one and one and a half hours to work through the 6 Point Bicycle Check, and incorporate aspects as mentioned in BASICS.

All participating in this project must bring their bicycle with them for this session. They must also wear suitable cycling clothing and bring their helmet.

It would be helpful if they brought an old hand towel, or some rags, as they will be getting dirty as they learn to look after their bike.

SPIRITUAL ASPECT

Scripture Reference for this session:

1 Corinthians 9: 24-27, 1 Corinthians 12: 12-26, Hebrews 12:1.

Question 1

A bike is made up of different parts. The handle bars steer the direction you are going, the seat is to sit on, the wheels provide the motion to move, the brakes stop the bike. All these different parts are important for the bike to work. In Paul's first letter to the Corinthians, he talks in Chapter 12 of one body with many parts. Read and study 1 Corinthians 12: 12-26.

Paul is talking about Christians and the Church. What do you think he means?

Question 2

In the New Testament, Paul uses sporting or athletic examples in some of his letters. Read 1 Corinthians 9:24-27 and Hebrews 12:1.

Why does he use these sporting examples in these Scripture verses? What is he telling us?

PART 2 - SAFETY AND ROAD RULES

AIM: To become proficient in the correct use of a bicycle observing safety.

BASICS: To know and observe the rules of the road.

CYCLING AND THE LAW

The booklet "CYCLING AND THE LAW" is to be handed to participants two weeks prior to the Safety and Road Rules Session.

Participants need to read and learn the rules in preparation for a test at the Safety and Road Rules session. The booklet is a comprehensive guide to bicycle road rules, and safety while on the road.

SPIRITUAL ASPECT

Scripture References for this session:

John 13:34, Mark 12: 28-34, Matthew 7:12, Philippians 2:3, Galatians 5: 22-23, Romans 2: 6-7.

Question 1

Being a Cyclist brings responsibility towards others on the road.

Read the scripture references for this session (as above).

When we read these verses, how does this affect our responsibility to others on the road, and in our everyday life?

Question 2

You can choose ONE of the following questions as your project:

- a. Find out what is involved in cycling as an international sport, and include research on a famous cyclist.

Or

- b. Find out as much information as you can about the current Australian cycling team, and put together a project book that should include:
- Research
 - Articles from newspapers/magazines
 - Biographies on individual cyclists
 - Training/preparation information for the Commonwealth Games
 - Chaplain for Australian cycling
 - Stories/information on Christian team members.
- Or
- c. Make a large collage poster of the history of the cycle right up to the present day. Include research, clippings, drawings and people.

PART 3 - BIKE FOR BIBLES PROJECT

AIM: To understand the ministry of Bike for Bibles.

BASICS: To learn more of the Bike for Bibles project country, and to undertake means of fundraising to support the project.

Current information will need to be obtained from the Bible Society in your State.

PART 4 - PARTICIPATION IN A BIKE FOR BIBLES EVENT

AIM: To participate in a fundraising Bike for Bibles event.

BASICS: To work together as a team in the lead up to and the participation in the actual event.

Current information will need to be obtained from the Bible Society in your State.

CYCLING AND THE LAW - WRITTEN TEST

1. How many brakes should a bicycle have?
2. When riding your bike at night, or in hazardous weather conditions you must have 3 safety items on your bike. What are they?
3. Which side of the road do you keep close to when riding?
4. When are you required to make hand signals while riding?
5. How many passengers can you carry on your bike?
6. Can you ride without your hands on the handlebars? Why?
7. Why shouldn't you hold onto a moving vehicle, or slip stream behind a vehicle?
8. What are the rules for riding in a bus lane?
9. You can ride beside another bicycle on the road, but what should be the maximum distance between the 2 bikes as you ride?
10. What are the rules for 3 people riding alongside each other?
11. You are not permitted to ride a bicycle on a footpath. There are 2 exemptions to this rule, what are they?
12. If you are involved in a crash, you are required to do a number of things, list as many as you can.