



**Enroll in ZSuite Under this Project Name:** OR-BICYCLE-Lv 1: Bicycling For Fun

*Approved for 2023-24 Project Year*

**Project Description:** This project teaches beginning riders the essentials for cycling safely and successfully. Topics include protective equipment, fitting a helmet. Identifying bike parts, choosing and fitting a bike, braking, traffic signs, locating road hazards, and planning a bicycle trip.

**REQUIRED YOUTH CURRICULUM**

[Bicycling for Fun](#) (#08334), 2006

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[Bicycle Helper's Guide](#) (#08336), 2006

**SUPPLEMENTAL RESOURCES**

none

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete a minimum of 7 activities (5 regular activities and 2 pedaling harder) each year in the Bicycling for Fun project manual
	Finish all 4 steps of the Planning Guide.
	Complete this book within 2 years to move to Level 2.
	Have your project helper date (month and year) and initial each activity when it is finished.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Bicycling For Fun project manual.
	A poster (14" x 22") or display illustrating something you learned in the project this year.

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