



**MOUNTAIN-BIKE**

**INSTRUCTORS' AWARD SCHEME**

**(M.I.A.S) (Emfec Accreditation)**

## **Course Programme**

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### ***Friday***

6.30pm Arrive at Centre

7pm Introduction

7.30pm Personal and Group Equipment

8pm Bike Anatomy

8.30pm Access, First Aid Talk and Conservation 9.00pm

Finish

### ***Saturday***

9am Group/Personal Safety - Pre cycle checks - warm up. 10am

Area ride - Personal/ Group riding techniques

Lunch

1pm Maintenance (Workshop)

- 2.30pm Easy Ride
- 5pm Obstacle Course
- 6pm Off road cycle repairs
- 7-8pm Route Planning and Navigation(Plan for Day Three Ride)  
Cyclists and the Law

***Sunday***

- 9am All day planned Cycle Ride Camel Bumps + Llandegla
- 3pm Return  
(Clean Bikes and Centre)
- 3pm Personal Debrief
- 4pm Group Debrief
- 4.30pm Close of Course

We always aim to work to this schedule, however due to prevailing weather conditions, etc, we may have to alter it where necessary.

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