



Mountain Bike Instructors Award Scheme Level One and Two training and assessment Course

All candidates attend a basic level 1/2 training course. This is to establish standard working practices and get a complete overview of the scope of the scheme. On the second day of the course, depending on ability and experience the candidates will be assessed for either the level 1 or level 2 award.

Location Llangollen North East Wales

Course Fee £160 per person including VAT and excluding MIAS registration (non residential)

To book call us on 01978 861912

Pre-Requisites

The course will take place over two days and you will need to complete set tasks in the evening. This course is designed for people with a genuine interest in mountain biking and the outdoor environment so there is a level of expectation that you have at least a basic knowledge of biking and have a reasonable level of fitness. It is also an expectation that you will attend the course appropriately equipped as defined in your joining instructions which will be sent to you before the course date.

For level 1 assessment you need a basic first aid qualification, and be assessed as competent.

For level 2 assessment you must hold the Walking Group Leader, or Basic Expedition Leader Award, or equivalent leadership qualification in the outdoor environment. The first aid requirement is either a full first aid at work or an outdoor first aid course such as REC.

Group Management And The Responsibilities Of The Group Leader

Candidates must be conversant with the main areas of responsibility of the mountain bike leader, in particular for the care and safety of the group.

a) *General Responsibilities*

l to parents, to individual group members and to the group as a whole.

II to the sponsoring authority or committee and to the head teacher or warden or club organiser sanctioning the expedition.

III to the general public, to environmental interests, to local residents or farmers, and to other mountain bikers.

b) *Specific Responsibilities*

I to identify the underlying aims and objectives and to define the specific purpose of the ride.

II to carry out initial planning, e.g. to obtain parental consent, authority clearance, personal and medical information, costing, insurance arrangements.

III to complete detailed preparations, e.g. plan routes, obtain access permission, weather forecasts and brief the group.

c) *Operational Responsibilities*

I to manage the group effectively by setting and reviewing targets, by positive decision-making, by delegation where appropriate, by proper group control and discipline, and by good communication.

II to meet the changing needs of the group and as individual members by observation, anticipation and good judgement, by sensitivity to the state of the group and of its members, with particular regard to their health and fitness, by maintaining confidence and enthusiasm despite uncertainty or stress and by adopting leadership styles appropriate to the situation.

III to provide safe and rewarding experiences for each group member through involvement and interest, enjoyment and achievement through imparting appropriate technical skills and competence, and through fostering environmental awareness.

Navigation

Competence as a navigator is a basic prerequisite of any mountain biker. Candidates will be expected to choose the appropriate navigation technique for the conditions they are operating in.

Candidates should be familiar with:

- I relevant maps, scales and conventional signs.
- II contours and other methods of showing relief.
- III topological features.
- IV relating the map to the ground and vice versa.
- V measuring distance on the map and on the ground.
- VI navigating across country by map alone.
- VII suitable compasses.
- VIII methods of relocation.
- IX methods of navigating across country in poor visibility and in darkness.
- X route finding without a map or compass.
- XI route planning, including methods of recording routes.

Access And Conservation

Candidates should:

I be aware of the multiple uses of wilderness areas (e.g. hill farming, forestry, water collection, grouse shooting, stalking) all of which must be respected by the recreational user.

II appreciate the problems of conservation (e.g. wild and plant life, erosion) and be aware of the long-term effects of human pressure on the wilderness environment.

III know how and where to get information about access to wild country (e.g. from appropriate guide books and maps from the National Park Authorities, Forestry Commission, Nature Conservancy Council, national trust Local Landowners and other agencies).

IV appreciates the significance of access agreements and rights of way in wilderness areas, having regard to the fact that a large proportion of these areas are in private ownership.

V understands the nature of specially designated areas and limitations on their use (e.g. National Parks, national trust properties, Nature Reserves and Areas of Outstanding Natural Beauty).

VI be familiar with the mountain bike code and country code.

General Skills

I individual skills: pace, rhythm, foot use, conservation of energy, balance and co-ordination.

II group skills: leader and tail person, psychology of the group, corporate strength.

III group procedure on different terrain.

IV manual handling, cycles and equipment.

Technical Skills*

I demonstrate understanding of efficient gear selection applicable to terrain.

II knowledge of different frame types and relative advantages/disadvantages.

III be able to ride over an obstacle of moderate height.

IV controlling steep decent.

V ride up moderate slope on rough ground.

VI ride a ridge in a controlled manor.

VII negotiate shallow water course.

VIII ride with day sack and expedition equipment.

IX be able to ride in excess of 30 kilometres per day.

X good all round knowledge of maintenance on the move.

XI carry comprehensive tool and first aid kit.

XII carry pack appropriate for leading the group on the day.

* Appropriate to level of assessment, see resource pack from training for definitions.

Personal Equipment

Personal equipment required for a mountain bike rider (both high and low level) taking into account weather conditions such as:

I wind.

II temperature.

III humidity.

Give consideration to design characteristics such as:

I material.

II reaction to conditions.

III weight and bulk when dry or wet.

IV care and maintenance.

Camp Craft (Where applicable)

Note: most elements of Campcraft are covered in the BELA or ML syllabus. However, candidates will need to consider the transporting of camping equipment whilst riding cycles off-road.

Weather

Candidates must have an elementary knowledge of weather and be able to plan their journeys accordingly. Candidates must also demonstrate their ability to find sources of weather information.

Additional Interests

I mountain bikers should extend their knowledge about all aspects of biking and the wilderness environment, e.g. geology, flora and fauna, local history and history of mountain biking.

II details of clubs and organisations: the leader should have knowledge of or have access to information on suitable training organisations, cycling clubs, guide books and mountain bike literature.

Assessment

Level 1 assessment is available for those with current first aid.

Level 2 assessment is available to those who already hold a suitable outdoor leadership qualification, e.g. BELA, WGL, ML and a current first aid certificate.

You must be over 16 for training and over 18 for assessment. A separate leadership and navigation assessment may be available after the course by arrangement.

To book please call 01978 861912.

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