



White Hall

Outdoor Education centre



Mountain Bike Instructor Award Levels 1 & 2 Training and Assessment



mountainbikeinstructor.com

Course No: 3384(E) 26 – 27 October 2017
Course No: 3390 5 - 6 December 2017
Course No: 3403(C) 10 – 11 March 2018

This award is designed to provide a level of competence for those in a position of responsibility for supervising groups and individuals whilst mountain biking.

The aim of this award is to provide teachers, youth workers and other individuals with the skills to lead individuals and groups on lowland mountain biking routes within easy access to assistance in summer conditions. This would mean no more than 30 minutes walk from a telephone and shelter.

For routes in a more remote and/or mountainous environment a 'Walking Group Leader' or 'Mountain Leader' qualification would also be required.

The MIAS scheme is aimed at safely introducing students of all ages to mountain biking in a variety of different venues.

Depending on your previous experience of mountain biking there are a number of possible outcomes from the course.

It is a combined L1/L2 training and assessment course:

- As a candidate new to mountain biking you will leave with the training for L1 completed and will then need to gain further personal riding and group leadership experience and a 16 hour first aid qualification, before attending a one day assessment in the future.
- If you have the first aid qualification and some previous mountain biking experience you may well achieve a L1 award - this means you will be able to lead groups of students on easily accessible, low level terrain, non-technical cycle trails which have easy access should you have a problem. These trails won't be in remote locations and can include way marked cycle tracks, canal tow paths, converted railways and forest tracks. This would also count as L2 training, before attending a one day L2 assessment.
- If you have significant mountain bike skills and experience, demonstrate strong navigation skills and hold a first aid award you may finish the course with a L2 award - the L2 award allows the leader to take groups into more open country, within 20 minutes of assistance, with the potential hazards that surround such terrain technically more demanding including loose surfaces, rocky terrain, single track, small drop offs.





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Course content

Safety

- Managing risk and risk assessments
- Personal and group equipment
- Dealing with common incidents
- Riding on public highways
- Group management and the role of the leader

Personal riding skills

- Body position
- Braking
- Cornering
- Descending
- Ascending
- Use of gears
- Front wheel lift
- Dealing with trail obstacles e.g. small drops

Coaching skills

- Teaching principles
- Look at different teaching styles

Maintenance

- Bike set-up
- Bike safety check
- Recording systems
- Trail side repairs
- Your tool kit

Navigation and access

- Route Planning
- Route finding
- Maps
- Compass
- GPS
- Use of cycle computers
- Where you are allowed to ride your bike
- Access rights and conservation

Although this is a full two days of training/assessment we won't be riding all the time. There will be plenty of time for questions, discussion and hopefully enjoyment.

The second day will involve most of the time out on a ride.





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What to bring

- Mountain bike in safe working condition. White Hall can supply a bike, but if you wish to do the assessment you will be expected to provide your own equipment. If this is a problem please contact the Centre
- Helmet
- Gloves – full finger is preferable
- Bike tool kit and spares
- First aid kit
- Group shelter if owned
- A rucksack to carry things in whilst out riding
- Appropriate clothing for the weather including waterproof jacket and extra layers!
- Appropriate footwear
- Food and drink
- Notebook and pen
- Compass if owned
- Bike computer if owned
- Riding glasses if owned



Course Times

9.00am – 5.00pm each day

Course Fee

£215.00 - Non Residential

How to book

Application forms and fees (please make cheques payable to Derbyshire County Council) should be returned as soon as possible to:-

White Hall Centre
Long Hill
Buxton
Derbyshire
SK17 6SX
Telephone: 01298 23260
Fax: 01298 25945

Email: white.hall@derbyshire.gov.uk

Website: www.whitehallcentre.com





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White Hall Centre is 3 miles north of Buxton on the A5004.

Landranger map sheet 1191:50,000

Grid ref: 032 763

Health and Fitness

Please inform the Centre of any medical condition or medication that we should be aware of. Mountain bike courses are physically and mentally demanding. If you are uncertain of your fitness please discuss this with us.

Insurance

Please note that the course fee does not include insurance against cancellation, personal injury, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged by you.

Emergency contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office 01298 23260.

Cancellation

The Centre reserves the right to cancel any course, which is under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or fees refunded.

Please note that in the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date – full payment will still be payable.
- Over one month of the course date – 25% will be payable.





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MIAS Award Levels 1 & 2 Application Form

Course No: _____ From: _____ To: _____

Surname: _____ First Name(s): _____ Sex: M/F

D.O.B. _____ Home Address: _____

Post Code: _____ Daytime Telephone Number: _____

email address: _____

Name of and Emergency Contact telephone number(s) during the course

Details of any medical condition, allergy, illness/ medication we should be aware of:

Name and address of family doctor: _____

Please return this form together with your fee to:

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX



www.mountainbikeinstructor.com

Telephone: 01298 23260
Fax: 01298 25945
email: white.hall@derbyshire.gov.uk



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Conditions of Booking

To be read and signed by course participant

- I understand that mountain biking will involve elements of risk
 - I am participating at my own risk
 - It is my responsibility to ride within my limits
 - That if I do not wish to ride any part of the trail I will always have the option to walk
 - That I will take personal responsibility for my own actions
 - I agree to abide by any safety requirements
2. I understand that in the event of accident, loss or damage, Derbyshire County Council will only accept liability where the accident, loss or damage is caused by the negligence of the County Council, its employees, agents or subcontractors.
 3. I understand that participants are NOT insured by Derbyshire County Council against personal injury, loss or damage that is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors.
 4. I understand that personal accident, loss or damage and cancellation insurance must be arranged by myself.
 5. I authorise the Centre Manager or their representative to consent to any medical treatment, which a medical practitioner deems necessary.

I understand that in the event of having to cancel my place on this course the following criteria will apply:

- Within 1 month of the course date - full payment will still be payable
- Over 1 month of the course date - 25% will be payable

To be signed by all applicants:

I have read and agree to abide to the Conditions of Booking as detailed above.

Signed: _____ Date: _____

PLEASE CAN YOU ALSO INCLUDE A SUMMARY OF YOUR MOUNTAIN BIKE EXPERIENCE