

DERBYSHIRE COUNTY COUNCIL - MOUNTAIN BIKE LEADER

This will consist of: -

1. A two-day training course, a logbook and recommendations for further experience would be provided after training.
2. A one-day assessment with a group.

The Training course

Personal Knowledge and Skills
Navigation and Route Choice
Group Management and Leadership
Bike Fitting and Trailside Repairs
Food and Fitness
Access and Environmental Concerns

The Assessment

There will be a home theory paper to be returned before assessment.
The assessment will involve a test of personal knowledge and skills combined with leading a group of young people on a known route.

An appropriate first aid certificate such as Rescue Emergency Care (REC) would be necessary to complete the assessment.

After assessment the candidate would either

- Pass
- Be deferred and need to produce necessary paperwork or gain a little more experience.
- Fail and need to resit the assessment.

INTRODUCTION

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.

PROVIDERS AND REGISTRATION

This award is administered by Derbyshire County Council at Whitehall Centre.

All training and assessment course providers have to be registered and approved by Whitehall.

Candidates for the award need to register with Whitehall.

SCOPE OF THE AWARD

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.

STAGES IN THE SCHEME

The scheme will consist of:

- Two day (16 hours) training course
- Consolidation period between training and assessment.
- One day assessment.
- 3 year, half day workshop and logbook revalidation

TRAINING PREREQUISITES

Candidates should have experienced at least 20 mountain bike rides of at least 3hrs duration over varied terrain.

Candidates should have a basic knowledge of bike maintenance.

Candidates should be at least 17 for training and 18 for assessment.

Experience of working as an assistant leader with a mountain biking group is recommended.

TRAINING

There will be a maximum of 8 candidates per trainer.

Following the course, oral feedback will be given to each candidate.

Each candidate will be issued with a logbook including a training report.

The logbook is in four sections:

- Training course report
- Consolidation period; logged personal and supervisory experience.

- Assessment course report.
- Post assessment experience.

TRAINING SYLLABUS CONTENT

(a) Personal Knowledge and Skills

Candidates should be able to explain and demonstrate the principles of a safe and efficient riding style over a wide variety of terrain. Candidates should be able to select, prepare and adjust a mountain bike to fit themselves. They should be able to discuss the advantages and disadvantages of various types of mountain bikes, equipment and helmets. Candidates should be able to inform participants about the wider world of mountain biking and be able to refer them to opportunities for development.

(b) Navigation and Route Choice

Candidates need to be able to interpret and navigate with 1:25000 and 1:50000 OS maps. They should be able to plan and incorporate escape routes in case of emergency. They need have an understanding of access issues and where there could be a conflict of interests. They need to be able to select appropriate routes and understand the hazards associated with different types of rights of way.

(c) Group Management and Leadership

Candidates should be able to lead and manage a group safely on a varied mountain bike route. They need to be able to select the appropriate position and management technique to suit the terrain.

They need to give clear and concise instructions about appropriate riding technique for the terrain and ensure the group understand where to stop.

Ideally they would have pre ridden the route, but should also be able to manage a group over unknown but appropriate ground. They should ensure that the group they are working with have the appropriate equipment, clothing for the route relative to the anticipated weather conditions.

They should carry a first aid kit and mobile phone. Equipment such as kisu and spare clothes may also be appropriate at times.

(d) Bike Fitting and Trailside Repairs

It is likely that groups will turn up with a variety of mountain bikes in various states of repair, it is important that the candidate is able to assess the condition and size of a bike and decide if it is safe to use. They should be able to adjust a bike to fit correctly and perform basic maintenance on brakes and gears at the start of the session.

They should be able to explain the operation and correct usage of the gears and brakes.

It is possible that repairs and adjustments may be necessary during a ride and the candidate should be able to perform basic common trailside repairs for example: -

- Changing an inner tube
- Adjusting rim and disc brakes
- Repairing a chain.
- Running bike without derailleur.

They should carry an effective repair kit and pump.

(e) Food and Fitness

Candidates should be able to advise their groups on the appropriate type of food and drink to be carried whilst mountain biking. They should be able to choose a route to suit the level of fitness of their group. They should be able to offer advice on improving fitness levels for mountain biking.

(f) Access and Environmental Concerns

Candidates should have a working knowledge of the different types of rights of way that mountain bikes are allowed to use, and the issues associated with them and other users. They should understand the difference between civil trespass and byelaws prohibiting cycling. They should be aware of recent access legislation and how it may affect mountain bikes.

Candidates should be aware of how riding mountain bikes could affect the environment and be able to select routes to minimise the impact.

CONSOLIDATION PERIOD

After successful completion of the training course the candidate will be given oral feedback on their performance and a recommendation on gaining further experience. They will be issued with a logbook which would need to be completed and sent to White Hall before attending an assessment course.

The consolidation period is a minimum of three months in which the candidate would be expected to gain additional experience. The candidate would be expected to have a minimum of 30 personal mountain bike rides (some of which could be pre training) and at least 6 days working with groups before assessment.

ASSESSMENT AND HOME PAPER

Candidates will be sent a home theory paper two weeks before the assessment covering the topics included in the training course and general mountain biking knowledge. This will be discussed during assessment. Assessment will be a continual and take place over 1 day (8 hours) with a maximum of four candidates. It will consist of

- ½ day on personal knowledge and skills
- ½ day working with a group of young people provided by White Hall.

The six areas covered in the training course will be assessed.

COURSE PROVIDERS INFORMATION

Course administrator is Derbyshire County Council at White Hall Centre

Providers have to be registered and trained with White Hall

Derbyshire Mountain Bike Leader - Director and Assessor Specification. Director

The Director of a Derbyshire Mountain Bike Leader course should meet the following criteria:

- Hold a minimum of the Summer Mountain Leader award.
- Have a wide experience of Mountain Biking over at least 5 years in three different areas of the UK.
- Have an up to date knowledge of cycle maintenance and a cycle maintenance qualification.
- Have experience/qualification in an alternative, mountain bike scheme.

Trainer and Assessor

The Trainer or Assessor on a Derbyshire Mountain Bike Leader Scheme should meet the following criteria:

- Hold the Walking Group Leader or Summer Mountain Leader Award.
- Have a wide experience of Mountain Biking over at least 3 years.
- Have a good knowledge of cycle maintenance.
- Hold the Derbyshire Mountain Bike Leaders Qualification.
- Have an up to date REC or similar first aid qualification.