

A photograph of a mountain biker on a trail. The biker is wearing a black helmet, a black long-sleeved shirt, and black pants, and is riding an orange mountain bike. They are positioned on the left side of the frame, leaning forward. In the background, another person is riding a blue mountain bike on a similar trail. The trail is surrounded by dense green foliage and trees. The text "White Hall Mountain Biking Social Story" is overlaid in large, white, bold letters with a black outline.

White Hall Mountain Biking Social Story

Mountain Biking

Mountain biking is an exciting activity where we will ride around the bike track. We will build our confidence, learn new skills, and take on some fun challenges along the way.



Mountain Biking

I will go to the bike store to borrow a helmet and biking gloves.

I will need to wear long sleeves and trousers to protect me.

The helmet and gloves may feel tight, but they will help keep me safe.



Mountain Biking

My instructor will find a bike that is the right size for me. They may need to adjust the seat.

My instructor will show me how to check my bike, to make sure it is safe to ride. It is important that I listen to the instructions.



Mountain Biking

My group will start by riding on flat ground, so that we can practice on the bikes.

We might then move onto the gravel bike track. It may feel bumpier to ride on, but my instructor will make sure I know what to do.



Mountain Biking

Riding a bike can be hard, if I start to feel tired I can ask to have a break.

I may want to bring a drinks bottle out with me and put it close by.

It's a great achievement to be involved in the session.

