

MIBS

MOUNTAIN-BIKE INSTRUCTORS' AWARD SCHEME

Mountain Bike Leader Course Content

Group Management and the Responsibilities of the Group Leader

Candidates must be familiar with the main areas of responsibility of the mountain bike leader, particularly for the care and safety of the group, as follows:

General responsibilities

- To parents, to individual group members and to the group as a whole.
- To the sponsoring authority or committee and to the head teacher, warden or club organiser sanctioning the Ride. Also to the general public, to environmental interests, to local residents or farmers, and to other mountain bikers.

Specific responsibilities

- To identify the underlying aims and objectives and to define the specific purpose of the ride.
- To carry out initial planning, e.g. to obtain parental consent, authority clearance, personal and medical information, cost, insurance arrangements. To complete detailed preparations, e.g. Plan routes, obtain access permission, weather forecasts and brief the group.

Operational responsibilities

- To manage the group effectively by setting and reviewing targets, by positive decision making, delegation where appropriate, proper group control, discipline and good communication.
- To meet the changing needs of the group and individual members by observations, anticipation and good judgement. Provide sensitivity to the needs of the group and its members, with particular regard to their health and fitness, by maintaining confidence and enthusiasm despite uncertainty or stress. Adopting leadership styles appropriate to the situation.
- To provide a safe and rewarding experience for each group member through involvement, interest, enjoyment and achievement. Imparting appropriate technical skills and competence and fostering environmental awareness

General Skills

Individual skills: pace, rhythm, foot use, conservation of energy, balance and coordination.

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

Group procedure on different terrain.

Technical Skills

- Demonstrate understanding of efficient gear selection applicable to terrain
- Knowledge of difference in frame types and the relative advantage/disadvantages
- Be able to ride over an obstacle of moderate height
- Control steep descent
- Ride up moderate slope on rough ground
- Ride a ridge in a controlled manner
- Ride a shallow water course
- Ride with day sack and expedition equipment
- Be able to ride 30 kilometres plus in a day
- Have a good all round knowledge of maintenance on the move
- Carry a comprehensive tool kit and first aid kit

- Carry a pack appropriate for leading a group out for a day

Personal Equipment

Personal equipment and clothing of the mountain bike leader should be professional and dressed suitably for all weather and conditions.

Access & Conservation

- 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.
- Appreciate the issues of conservation (e.g. wildlife, plant life and erosion) and be aware of the long term effects of human pressures on the wilderness environment.
- Know how and where to get information about access to wild country (e.g. From appropriate guidebooks and maps and from National Park Authorities, Forestry
- Commission, Nature Conservancy Council, National Trust, local landowners and other agencies).
- Appreciate 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 privately owned.
- Understand the nature of specially designated areas and limitations on their use (e.g. National Trust properties, National Parks, Nature Reserves and Areas of
- Outstanding Natural Beauty).
- Be familiar with the Mountain Bike Code and Country Code.

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. Candidates should be familiar with:

- Relevant maps, scales and conventional signs
- Contours and other methods of showing relief
- Topographical features

- Relating the map to the ground and vice versa
- Measuring distance on the map and the ground
- Navigating across country with map alone
- Suitable compasses, bike computers, GPS if available
- Methods for relocation
- Methods for navigating across country in poor visibility and in the dark
- Route finding without map and compass
- Route planning, including methods of recording routes

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 information on weather.

Camp Craft

Most elements of camp craft are covered in the Basic Expedition Leader (BEL or BEAL), Walking Group Leader (WGL) and Mountain Leader (ML), syllabuses.

If candidates choose to combine off road riding and camping they will need to consider the transportation of camping equipment. The MTB Expedition award bolt-on covers camp craft.

Additional Interests

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

The leader should know details of clubs and organisations or have access to information on suitable training organisations, cycling clubs, guide books and mountain bike literature.

Course Syllabus

- Group Management
- Communication
- Coaching Skills
- Navigation
- Route Planning
- Risk Assessment
- Management
- Legal Issues
- Recording Systems
- Access & Conservation
- Equipment Requirements
- Riding Skills
- Emergency Repairs

The syllabus shown assessed to meet MIAS requirements by the following methods:

- Candidates who wish to be assessed at Level 1 must be able to demonstrate basic off-road riding skills and have a current First Aid Certificate or be working towards obtaining one.
- Candidates who wish to be assessed at Level 2 must be able to demonstrate strong off road riding skills including step drops (up to 1/2 metre), descending/braking in a controlled manner, effective climbing and pedaling techniques in rough/rocky terrain. Have a current First Aid Certificate or be working towards obtaining one