

MIAS ASSESSORS SKILL LEVEL SHEET

Personal Skills – Level Matrix

NAME						
Personal Riding skills	Level 1		Level 2		Level 3	
Safe and correct use of brakes	Use of both brakes with rear applied slightly before front, modulation of power to avoid skidding		Complete use of brakes to full potential showing control when using maximum power		As Level 2 plus full control of individual brakes applying 75% front 25% rear	
Correct use of gear selection	Appropriate selection of gears to suit terrain. No cross chaining		Appropriate selection of gears to suit terrain with proactive selection and smooth shifting		As Level 3 with complete proactive and smooth shifting. Understanding of Cadence and gear ratios	
Pedal kick	Lift wheel clear of ground		Lift front wheel 30cm from ground		Lift front wheel 50cm from ground	
Track stand	Hold balance for up to 5 seconds		Hold balance for 5 – 10 seconds		Hold balance comfortably for 5 – 10 seconds	
Front wheel lift	Lift wheel over 10cm high object		Lift wheel over 15cm high object		Lift wheel over 20cm high object	
Small drop-offs	Drop-off up to 15cm		Drop-off between 15 & 50cm		Drop-off over to 50cm	
Short down-hill descents	Up to 30°		Between 30° & 45°		Over 45°	

Short up-hill climbs	Up to 20°	Between 20° & 30°	Over 30°
Balance	Show movement of weight around the bike to keep balance	Movement of weight from side to side and front to back without hesitation as required by the terrain	Extreme movement of weight as required by the terrain e.g. Body completely over rear wheel on steep descent
Hopping	Demonstrate understanding of principles	Stationary hop with both wheels clear of ground	Stationary hop, both wheels clear of ground with turning or side movement
Bunny hop	Demonstrate understanding of principles	Hop a 7.5cm high object	Hop a 7.5cm high object clearing with ease
Speed jumps	Demonstrate understanding of principles	Clear a 7.5cm high object	Clear a 10cm high object
Obstacles	Most small obstacles such as roots, logs under 12cm and "ruts" can be cleared without posing much of a problem.	Most medium sized obstacles such as roots, logs 12- 15cm and "ruts" can be cleared without posing a problem.	Most large sized obstacles such as roots, logs over 15cm and "ruts" can be cleared without posing a problem.
Cornering	Inside pedal up, weight on outside foot, knee pointing into corner, wide entrance hitting apex and accelerating on exit	As Level 1 but applied through switchback corners	As Level 2 but applied through a complex series of turns