**MOUNTAIN BIKE INSTRUCTOR AWARD SCHEME**

**Level One/Two Training/Assessment Course**

**Course Programme 5/6 July 2018**

**Thursday 5 July** Venue: Queen Elizabeth Country Park, near Petersfield

9.15am Introductions

9.30am What is a Mountain Bike Leader?

10.00am MIAS & HCC Regulations and Guidelines

Cycle Safety Checks

Maps and Navigation Intro

12.30pm Lunch

1.00pm Practical Ride inc Group Control & Personal Skills

4.30pm Depart

**Friday 6 July** Venue: Farley Mount Country Park, Winchester

9.15am Practical Ride inc Navigation, Group Control, Techniques

2.00pm Lunch

2.30pm Clothing and Equipment, First Aid, Heat, Cold, Fatigue, Competition

3.30pm Maintenance

4.00 - 4.30pm Course Review & Depart

**Please note:**

* **This course is for experienced mountain-bikers -** Day 1 ride will include reasonably technical terrain using parts of the QE “expert” route – if you are in any doubt you may wish to pre-ride this in advance; Day 2 ride will be fairly long. Both days have the potential for being muddy, dress appropriately and bring a change of clothing
* Timings approximate
* There is a £5.00 parking charge at QE park
* Both days you need to bring cycling kit appropriate for the weather conditions including helmet, gloves or mitts and well-maintained bike suitable for off-road riding. Please note hybrid tyres are rarely suitable. Cycling glasses are highly recommended. If you have one, a bike computer is also useful but not essential. Please bring a packed lunch on both days. Hot drinks are available from the café at the QE Park, you may wish to bring a flask on Day 2 to Farley Mount

Some homework!:

As part of Day 2’s ride you will lead the group, navigating as you go. Please also be prepared to coach a cycling technique e.g. cornering, descending, use of gears etc. It might be worth preparing more than one in case someone else beats you to your first choice! Email any questions to Phil Quill, phil.q@zen.co.uk or phone 07916 522371

For further information on MIAS and the difference between the Level One and Two Awards visit [www.mountainbikeinstructor.com](file:///%5C%5Cdata4%5Ccseioecb%5CPersonal%5CHantsFile_Checkout_cseioecb%5Cwww.mountainbikeinstructor.com)