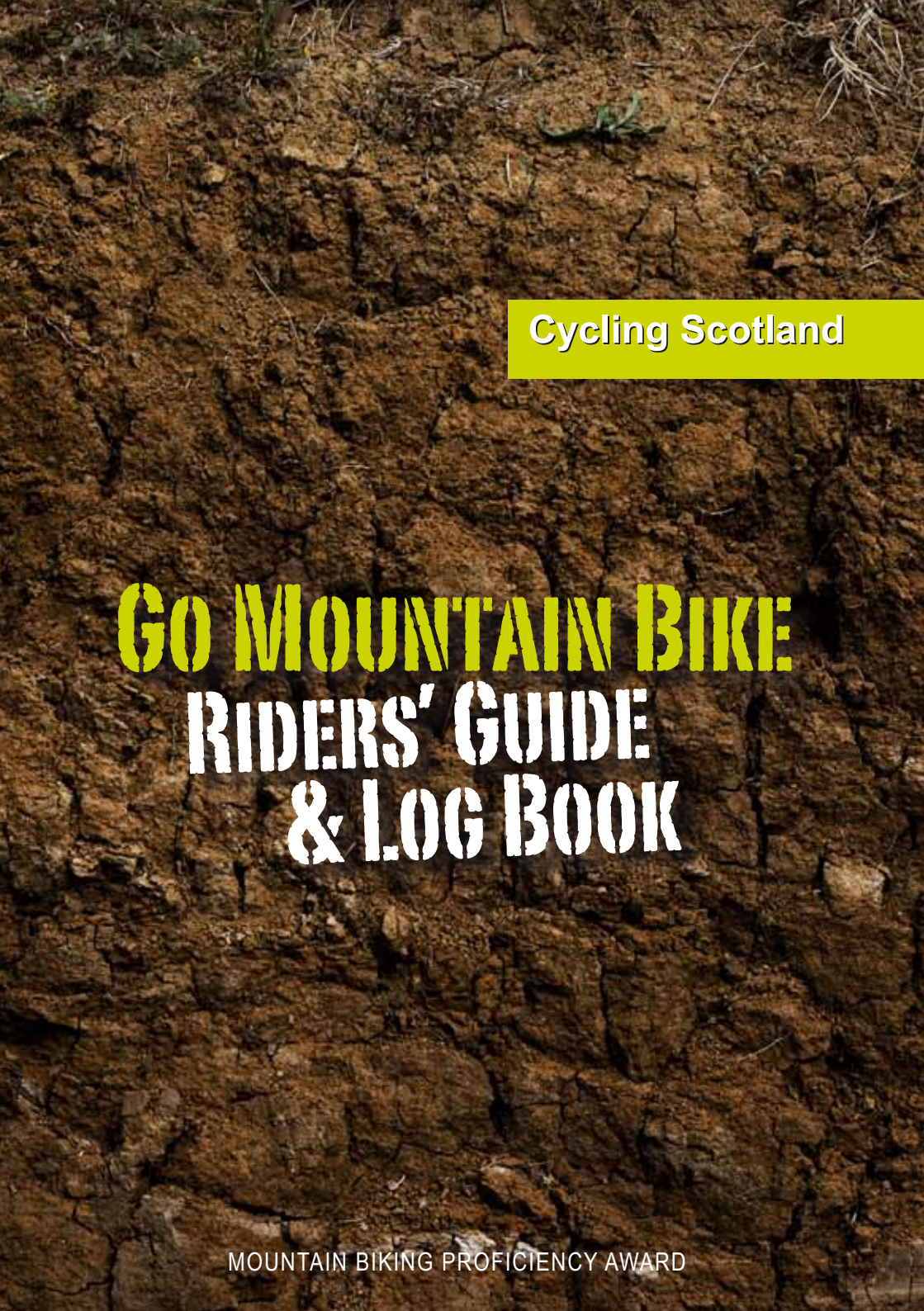


The background of the entire cover is a close-up photograph of dry, cracked brown soil. The cracks are deep and irregular, creating a textured, grid-like pattern across the surface. Some sparse, dry grass and small green plants are visible at the top and bottom edges.

Cycling Scotland

**GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK**

MOUNTAIN BIKING PROFICIENCY AWARD



GO MOUNTAIN BIKE RIDERS' GUIDE & LOG BOOK

MOUNTAIN BIKING PROFICIENCY AWARD

Credits for GoMountain Bike Project

Jim Riach, Project Manager
Brian Salvona, Principle author

Technical Editors

Chris Ball, Jim Riach,

Contributors

Pete Easson, Bridget Finton, Eleanor McGregor, Irene Riach, Cliff White

The GoMountain Bike project is based on a proficiency scheme called “Bike Low Port”, developed at Low Port Centre, Linlithgow by Dave Fox and his colleagues.

“It’s great to see something that mimics what all riders are out doing on the trails. Go Mountain Bike is a great way to progress yourself, set your own goals and reach your full potential.”

Ruaridh Cunningham,
Junior World Champion 2007

”

YOUR NAME:

REGISTRATION NUMBER:

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INTRODUCTION

This guide contains sections on the following themes: -

- **Riding skills**
- **Sharing the outdoors**
- **First Aid**
- **Being independent & self-supporting**

Each section contains a number of skill levels that you may progress through.

It is suggested that you progress to Level 2 of the Riding Skills section before starting the other themes.

Your instructor will help you develop the skills you require to complete each level.

When you complete each level, a Certificate will be awarded.

Keep a record of your mountain bike trips and training.

To complete Level 5 of the riding skills you will be required to log 5 mountain bike trips.

“Certificates will be awarded for each level that you complete”

TRAIL GRADING

Throughout this guide reference is made to trail grade. In reality the majority of trails are ungraded and even where trail grades exist there are variations between centres. Similarly riding conditions on a trail can vary considerably from day to day. Instructors will use their judgement and local knowledge to select trails, which approximate to the following descriptors.

GREEN

EASY

BLUE

MODERATE

RED

DIFFICULT

BLACK

SEVERE *

*may also be in remote terrain

“Go Mountain Bike is a great way to break down difficult skills. By starting with the basics, riders using the guide will really reap the rewards out on the trails.”

Chris Ball,
Scotland Mountain Bike Coach,
Director Dirt School

GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK

RIDING
SKILLS
LEVEL 1

SKILL: BASIC SKILLS

If you have completed a Go Mountain Bike taster session, you should be proficient in the following areas.

- You can carry out a basic safety check on your bike. See Level 1, Skill 1 on the next page.
- Your helmet is correctly fitted.
- Your clothing will not catch on the bike's moving parts.
- You can carry any tools, spare clothing, food and drinks safely.

If not, your instructor will provide training as required.

Helmet is correctly fitted.



Make sure clothing will not catch on bike's moving parts



INSTRUCTOR'S INITIALS

SKILL: CARRY OUT A SIMPLE BIKE CHECK

DO THESE:

You should be able to do a pre-ride check consisting of: -

- Bike is adjusted to fit you.
- Tyres are pumped up hard.
- Brakes are functioning, levers are adjusted to fit you.
- Gears are working.
- Drop test, no obvious loose bolts or axles.

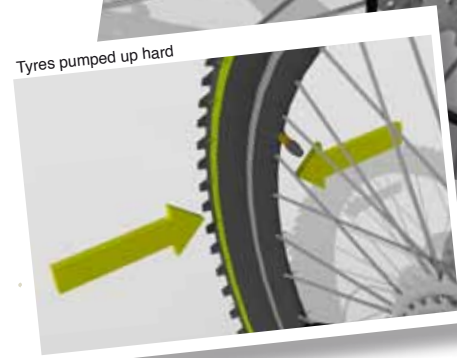
Bike adjusted to fit you



Gears functioning



Tyres pumped up hard



INSTRUCTOR'S INITIALS

SKILL: GETTING ON AND OFF YOUR BIKE**DO THESE:****Getting on:**

- Look around before getting on your bike.
- Stand on the left side of your bike.
- Hold the brakes on and swing your right leg over the saddle.
- Stand astride your bike.
- Put the right pedal into the ready position.

Getting off:

- After stopping keep the brakes firmly on.
- Slip forward off the saddle and stand astride your bike.
- With your left foot on the ground, swing your right leg over the saddle.

Right pedal in ready position



Stand on left side of bike

**INSTRUCTOR'S INITIALS**

SKILL: START OFF AND PEDAL**DO THESE:**

- Select a good starting off point.
- Get onto the bike correctly.
- Observe all round to check it is safe to go.
- Push down strongly and sit back into the saddle.
- Ride for at least 10 metres without wobbling.

**INSTRUCTOR'S INITIALS**

SKILL: STOP WITHOUT HELP

DO THESE:

- Ride at a fast walking pace.
- Check all round that it is safe to stop.
- You may brake either sitting or standing.
- Push yourself back in the saddle as you brake.
- Use both brakes to bring the bike to a halt without skidding.
- Remove your bike from the trail or stand to the side to allow other riders to pass.

Use both brakes



Push yourself back as you brake



INSTRUCTOR'S INITIALS

SKILL: MAKE THE BIKE GO WHERE YOU WANT

DO THESE:

- Ride a slalom course of six or more markers, each at least 20cm high and not more than 1.5mtrs apart.
- You should practice sitting and standing.
- Control your speed by using brakes and pedalling as necessary.

6 or more markers



Ride a slalom course

Control your speed



INSTRUCTOR'S INITIALS

SKILL: CHANGING GEAR**DO THESE:**

- Ride a short course demonstrating several gear changes.
- You should select gears without looking at either front or rear mechanisms.
- Describe the purpose of gears.
- Describe the gear combinations that should not be used.
- You should avoid using these gear combinations.

**INSTRUCTOR'S INITIALS**

SKILL: STOP QUICKLY WITH CONTROL

DO THESE:

- You should bring the bike to a complete halt from a speed of between 15 and 20 kph. when requested to do so.
- You should apply sufficient braking to bring the bike to a brisk stop without skidding.
- If seated you should push yourself toward the rear of the saddle.
- If standing you should demonstrate some rearward weight shifting.
- You can state which brake is most effective.
- You can describe how different trail surfaces affect the effectiveness of braking.

Without skidding



Take your weight to the rear

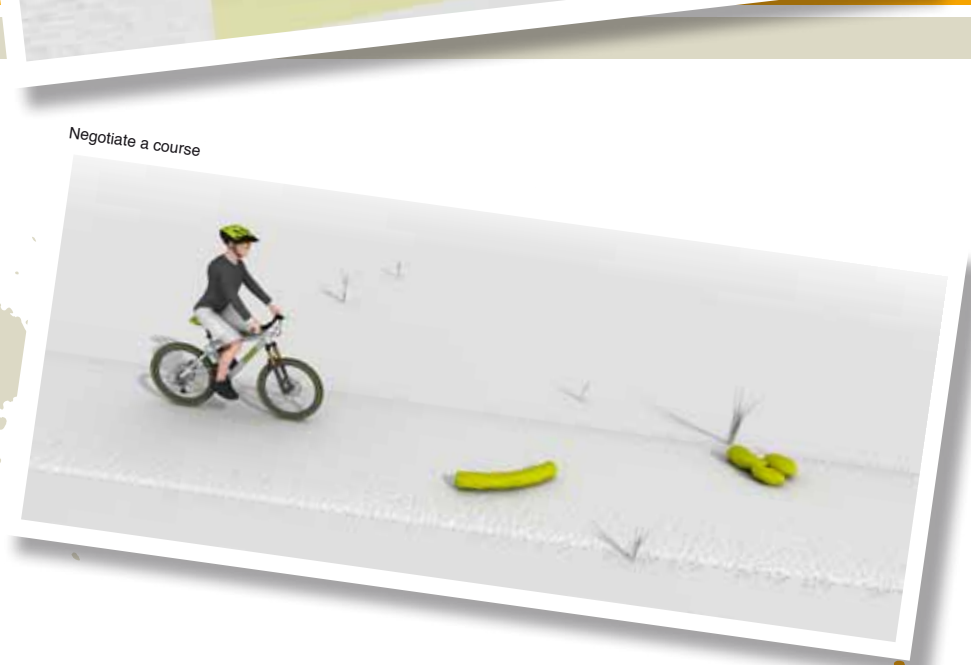


INSTRUCTOR'S INITIALS

SKILL: MANOEUVRE SAFELY TO AVOID OBJECTS

DO THESE:

- You should demonstrate good observation of the trail ahead.
- You should be able to negotiate a course that has been designed to test your observation and positioning.



INSTRUCTOR'S INITIALS

**SKILL: LOOK ALL ROUND WITHOUT WOBBLING
WHILST RIDING SLOWLY**

DO THESE:

- You should scan the trail ahead for obstacles before looking behind.
- You should be able to look over both shoulders whilst riding along a narrow straight piece of trail or through a lane of markers not more than 40cm wide.
- You should be able to identify objects etc when observing over either shoulder.

Look over shoulder



What can you see?



INSTRUCTOR'S INITIALS

SKILL: RIDE ONE-HANDED OVER EASY TERRAIN

DO THESE:

- You should be able to ride one handed for 10mtrs on an easy riding surface such as a forest road.
- You should be able to carry out a task with your free hand. (e.g.) Make a helmet or clothing adjustment, take a drink, etc.
- Practice taking either hand off the bars; not both!

Adjust helmet



Take a drink

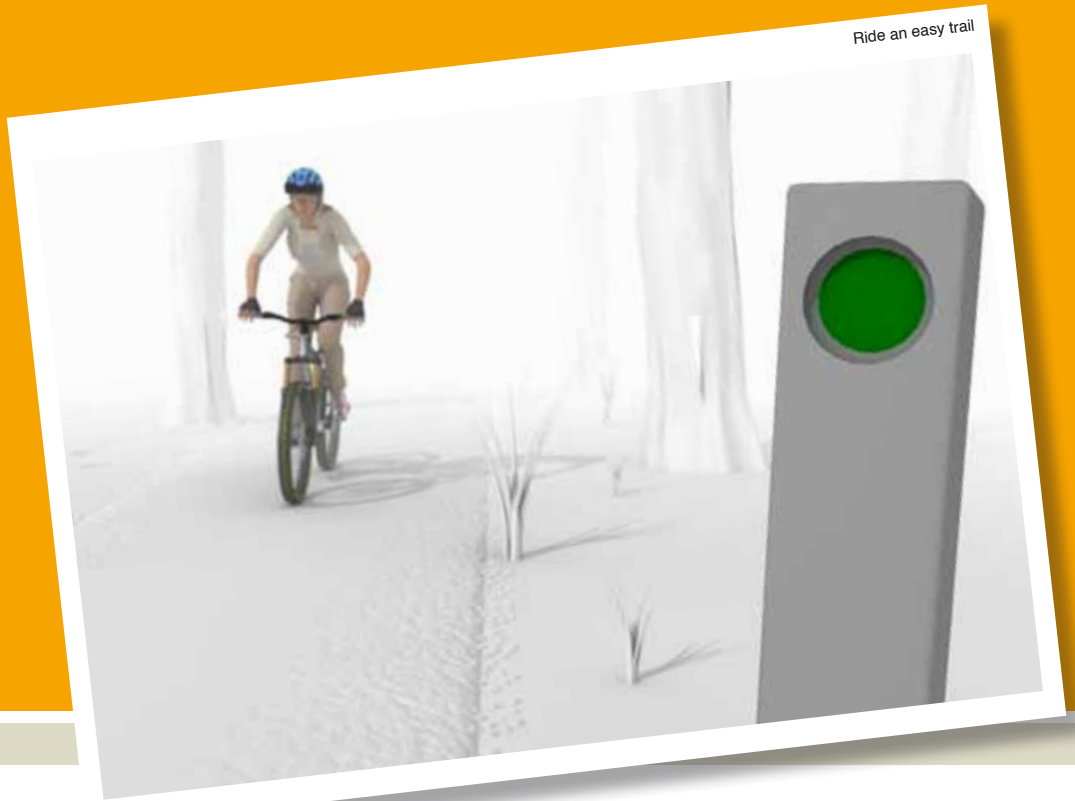


INSTRUCTOR'S INITIALS

SKILL: RIDE AN EASY TRAIL

DO THESE:

- Mount your bike, observe and set off confidently.
- Ride a green or easy blue trail without stopping.



LEVEL 1
COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK

RIDING
SKILLS
LEVEL 2

SKILL: SHOW GOOD TRAIL PRACTICE

DO THESE:

- Look behind before setting off.
- You show awareness of faster riders approaching from behind and yield trail to them.
- You show courtesy to others out on the trail.
- You leave the trail clear after stopping.
- You call 'Rider' if approaching slower rider. Make passing safe.
- You do not panic upon hearing someone approach. Personal safety first.
- You remove all food waste. Punctured tubes etc to be taken away and disposed of correctly.
- You can interact safely with walkers and horse riders encountered on the trail.

Dispose of rubbish



"Rider!"



INSTRUCTOR'S INITIALS

SKILL: RIDING IN THE ATTACK POSITION**DO THESE:**

- You should adopt the attack position as often as possible. (e.g. Descending, braking and negotiating obstacles.)
- You will demonstrate confidence whilst riding in this position.

**INSTRUCTOR'S INITIALS**

SKILL: CONE OF MOVEMENT

DO THESE:

- You will be in the attack position.
- You can demonstrate weight shifting appropriate to the terrain being ridden.
 - ◇ Legs will be straight but not “locked out”.
 - ◇ Weight shift will be achieved by pivoting at the hips and adjustment of the arms.
 - ◇ To illustrate, imagine negotiating a large hump on the trail, you will shift your weight forward on the up-slope, be centred over the bike at the crest and shift weight back on the down-slope. The torso will be relatively static with movement focussed on the hips, knees and elbows.
 - ◇ The degree of movement will be tailored to the severity of the terrain.

Weight Forward



Pivot at Hips



Weight Back



INSTRUCTOR'S INITIALS

SKILL: EFFECTIVE USE OF THE BRAKES

DO THESE:

- You should be able to use the brakes confidently whilst riding in the attack position and descending slopes of moderate steepness.
- You should be able to adjust speed safely into corners and on the approach to obstacles.
- You should demonstrate confidence in the use of the front brake.
- You should demonstrate an effective weight shift.
- You should avoid skidding.

Description



Effective Weight Shift

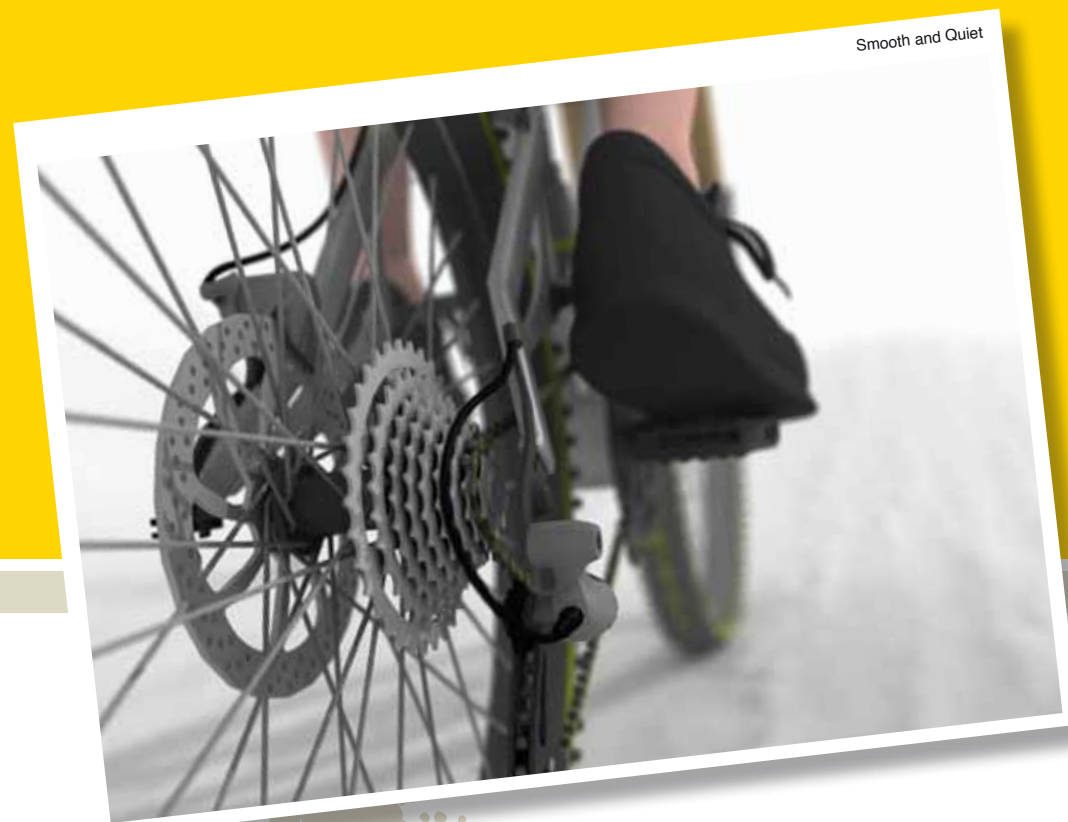


INSTRUCTOR'S INITIALS

**SKILL: CHANGING GEAR, SMOOTHLY
AND QUIETLY**

DO THESE:

- You will minimise gear changes when the bike's transmission is under pressure.
- You will anticipate the gear required, particularly when the front changer will be required.
- You will demonstrate good technique when changing into an easier gear on an ascent.
 - ◊ This can be achieved by pressing down hard for half a pedal stroke, relaxing the pressure on the pedal for a moment and in that moment making the gear change.
 - ◊ Good gear changes are quiet and riders should demonstrate that they are listening for any transmission irregularities.
- You should engage correct gears for descending.



INSTRUCTOR'S INITIALS

SKILL: CLIMBING EASY HILLS BOTH SITTING AND STANDING

DO THESE:

- You will favour the sitting position.
- You will demonstrate adjustments to body positioning to achieve a balance between weighting the front wheel and traction on the rear wheel.
- You can describe the situations when standing may be appropriate and understand that standing uses more energy.
- You show anticipation in your gear selections and use gears that will allow an efficient cadence rate.



Adjust body position

INSTRUCTOR'S INITIALS

SKILL: DESCENDING EASY TRAILS

DO THESE:

- You will be able to descend trails of moderate to low technical difficulty; equivalent to Blue grade trails.
- You will maintain a speed appropriate to your skill and the trail conditions.
- You will control your speed without skidding.
- You will show some understanding of line choice.



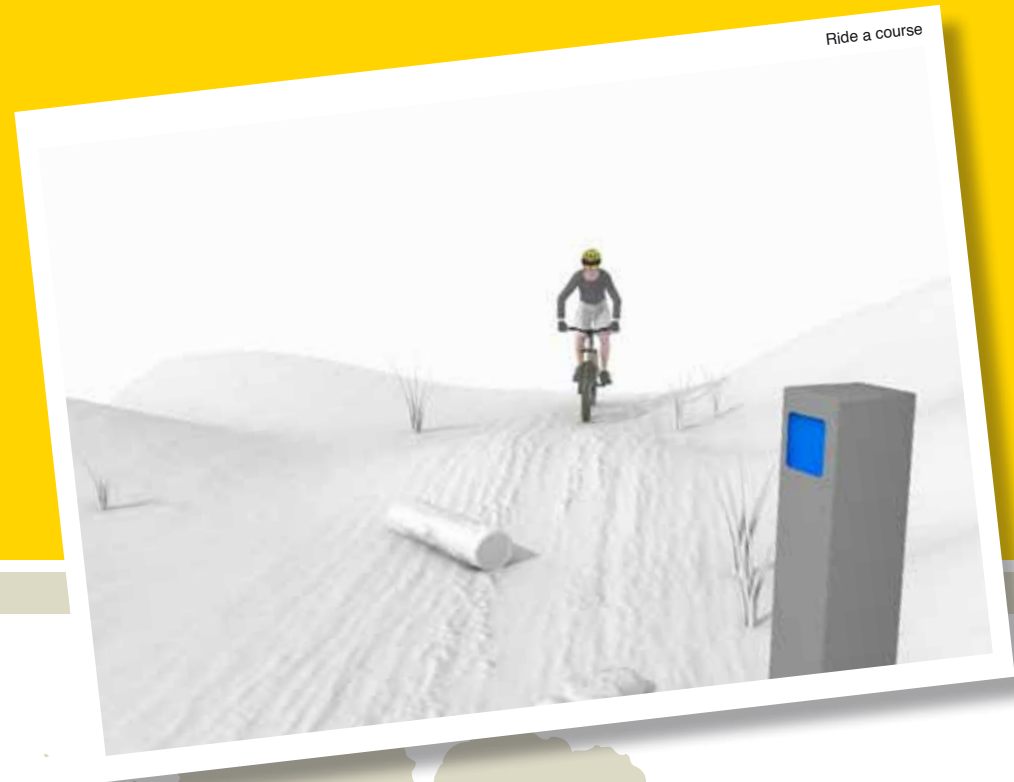
Maintain speed appropriate to your skill level

INSTRUCTOR'S INITIALS

SKILL: MANOEUVRING THROUGH A COMPLEX OF OBJECTS

DO THESE:

- You will ride a course containing at least 15 features showing good steering, braking and gear changing.



Ride a course

INSTRUCTOR'S INITIALS

SKILL: RIDING A TRAIL OF LOW TO MODERATE DIFFICULTY

DO THESE:

- You should be able to apply the following skills to achieve a flowing journey of approximately 10 kilometres on harder blue or easy red grade trail: -
 - ◇ Good trail practice.
 - ◇ Effective use of gears & brakes.
 - ◇ Adopt the attack position and employ good body movement.
 - ◇ Climb and descend efficiently.
 - ◇ Link the skills.
 - ◇ Possess a level of riding fitness sufficient for the ride to be undertaken with minimal stops.



LEVEL 2 COMPLETE

INSTRUCTOR'S SIGNATURE

ATTACH CERTIFICATE HERE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE

**RIDERS' GUIDE
& LOG BOOK**

RIDING

SKILLS

LEVEL 3

SKILL: MANUAL FRONT WHEEL LIFT**DO THESE:**

- You should be able to achieve a front wheel lift by the use of weight shift, not strength.
- You should be able to mount a kerb-sized obstacle using this technique.
- You should move your weight forward as soon as the front wheel is up to un-weight the back wheel.

**INSTRUCTOR'S INITIALS**

SKILL: POWER ASSISTED FRONT WHEEL LIFT OR WHEELIE

DO THESE:

- You should be able to achieve a power assisted front wheel lift
- You should be able to mount a kerb-sized object using this technique.
- You should move your weight forward as soon as the front wheel is up to un-weight the back wheel.



INSTRUCTOR'S INITIALS

SKILL: REAR WHEEL LIFT

DO THESE:

- You should be able to consistently lift the rear wheel at least kerb height.
- You should be able to land the rear wheel quietly.



Consistently lift rear wheel

INSTRUCTOR'S INITIALS

SKILL: MANUAL DROP-OFF**DO THESE:**

- You will be able to perform a manual drop-off consistently and with minimal impact on the bike.
- You will be able to adjust the bike's attitude in flight to achieve a good landing.

**INSTRUCTOR'S INITIALS**

SKILL: POWER ASSISTED DROP-OFF**DO THESE:**

- Riders will be able to perform a power-assisted drop-off consistently.
- Riders will be able to perform a controlled and balanced landing with minimal impact on the bike.

**INSTRUCTOR'S INITIALS**

SKILL: TRACK STAND

DO THESE:

- You should be able to achieve a stable track stand with minimal movement for at least 5 seconds.



INSTRUCTOR'S INITIALS

SKILL: CORNERING PART 1**DO THESE:**

In developing cornering skills, you will work through a progression of techniques. Considerable practice will be required before you can apply the techniques instinctively and appropriately.

- You can demonstrate appropriate braking and line choice.
- You can demonstrate good body position to achieve grip through front and back tyres.
- You can maintain an acceptable level of speed out of the corner.

**INSTRUCTOR'S INITIALS**

SKILL: PUMPING**DO THESE:**

Trail features such as dips, bumps and berms can soak up speed. Pumping is a technique that enables momentum to be maintained or even increased.

- You will be able to recognise when pumping will improve momentum.
- You will apply the skill routinely at appropriate trail features.

Keep both wheels on the ground



Time the pump correctly



INSTRUCTOR'S INITIALS

SKILL: RIDING A TRAIL OF MODERATE DIFFICULTY

DO THESE:

A distance of 15 kilometres should be ridden with the trail equating approximately to a difficult Blue to Red standard.

- You should be able to apply the following skills to achieve a flowing journey: -
 - ◊ Front wheel lift, both manual and power assisted.
 - ◊ Manual and power assisted drop offs.
 - ◊ Track-stand in a trail situation.
 - ◊ Apply Part 1 cornering skills.
 - ◊ Demonstrate pumping skills at appropriate obstacles.
 - ◊ Link the skills.
 - ◊ Possess a level of riding fitness sufficient for the ride to be undertaken with minimal stops.



LEVEL 3 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK
RIDING
SKILLS
LEVEL 4

SKILL: STEP-OVER**DO THESE:**

- You should be able to clear an obstacle (10cm high) without touching it with either wheel.

**INSTRUCTOR'S INITIALS**

SKILL: STEP-UP (20CM) POWER ASSISTED**DO THESE:**

- Riders should demonstrate consistent judgment and skill on approach to the obstacle.
- Riders should demonstrate appropriate weight shift during the manoeuvre.
- The front wheel and rear wheels should land cleanly on top of the step.



INSTRUCTOR'S INITIALS

SKILL: STEP-UP (20CM) MANUAL

DO THESE:

- You should demonstrate consistent balance and co-ordination during the manoeuvre.
- You should demonstrate appropriate weight shift during the manoeuvre.
- The front wheel and rear wheels should land cleanly on top of the step.
- You will apply power gently in the right gear only when the back tyre will grip.

Appropriate weight shift



INSTRUCTOR'S INITIALS

SKILL: CORNERING PART 2**DO THESE:**

This section builds on cornering at Level 3. The focus is on employing good technique on bermed or steeply banked corners. The techniques are also employed to maximise the use of natural cornering features on trails. Choose a wide bermed corner for this session.

- You will corner standing out of the saddle.
- Your pedal position should match the steepness of the corner and the level of grip available.
- You are looking towards the end of the corner.
- You will select and ride a continuous clean line.
- You will display controlled and well-timed braking techniques with minimal (preferably no) braking occurring in the berm itself.



Standing out of the saddle

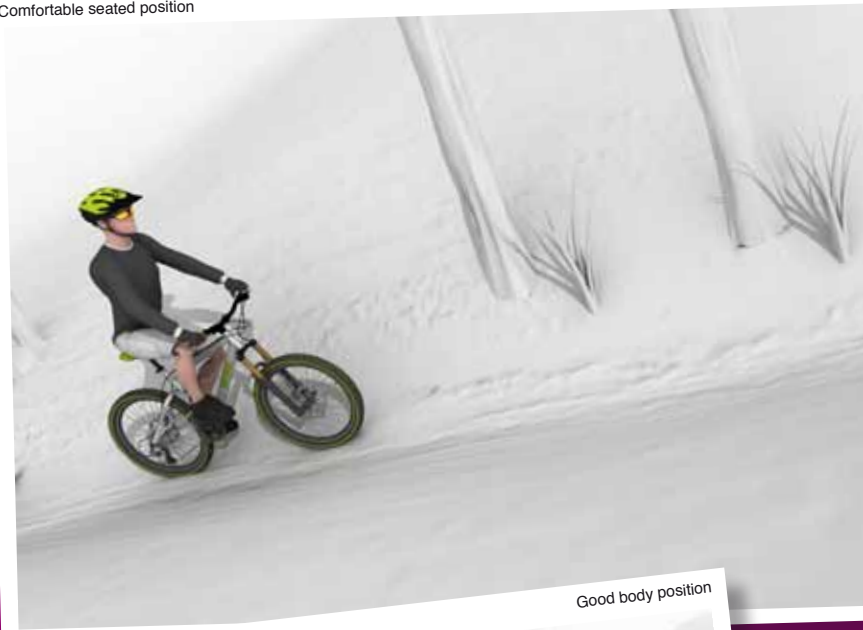
INSTRUCTOR'S INITIALS

SKILL: DEMONSTRATE GOOD CLIMBING TECHNIQUE ON BOTH LONG AND STEEP CLIMBS

DO THESE:

- Long climbs can be considered to be over 500metres of consistent climbing necessitating the use of any of the easiest (lowest) gears on the bike.
- Steep climbs can be considered to have a steepness of 30-40% and a duration of at least 50metres.
- You should be able to settle into long climbs by: -
 - ◊ Climbing aerobically with a comfortable, seated position.
 - ◊ Demonstrating a cadence rate of at least 75rpm.
 - ◊ Demonstrating good line choice.
- You should be able to perform short steep climbs by: -
 - ◊ Selecting an appropriate gear.
 - ◊ Demonstrating good body position.
 - ◊ This could mean sliding right forward to the nose of the saddle.
 - ◊ Bringing the upper body close to the handlebars by bending at the elbows and rotating the wrists downward.
 - ◊ Demonstrating good line choice especially noting where the track will be steepest. (e.g.) the inside of bends.

Comfortable seated position



Good body position



INSTRUCTOR'S INITIALS

SKILL: DESCEND TRAILS WHICH PRESENT SOME DEGREE OF TECHNICAL DIFFICULTY.

DO THESE:

Trail standards vary by location and from day to day depending on weather and other factors. The trail conditions require you to make and apply decisions on speed, line choice, balance and power to achieve a confident controlled descent.

- You should be able to maintain a flowing descent whilst remaining within the confines of the trail.
- Speed should be appropriate to your skill and the conditions on the day.
- Braking should be effective and without skidding either wheel.
- You should anticipate conditions ahead and engage an appropriate gear.

Anticipate conditions ahead



INSTRUCTOR'S INITIALS

SKILL: RIDING A TRAIL OF MODERATE DIFFICULTY

DO THESE:

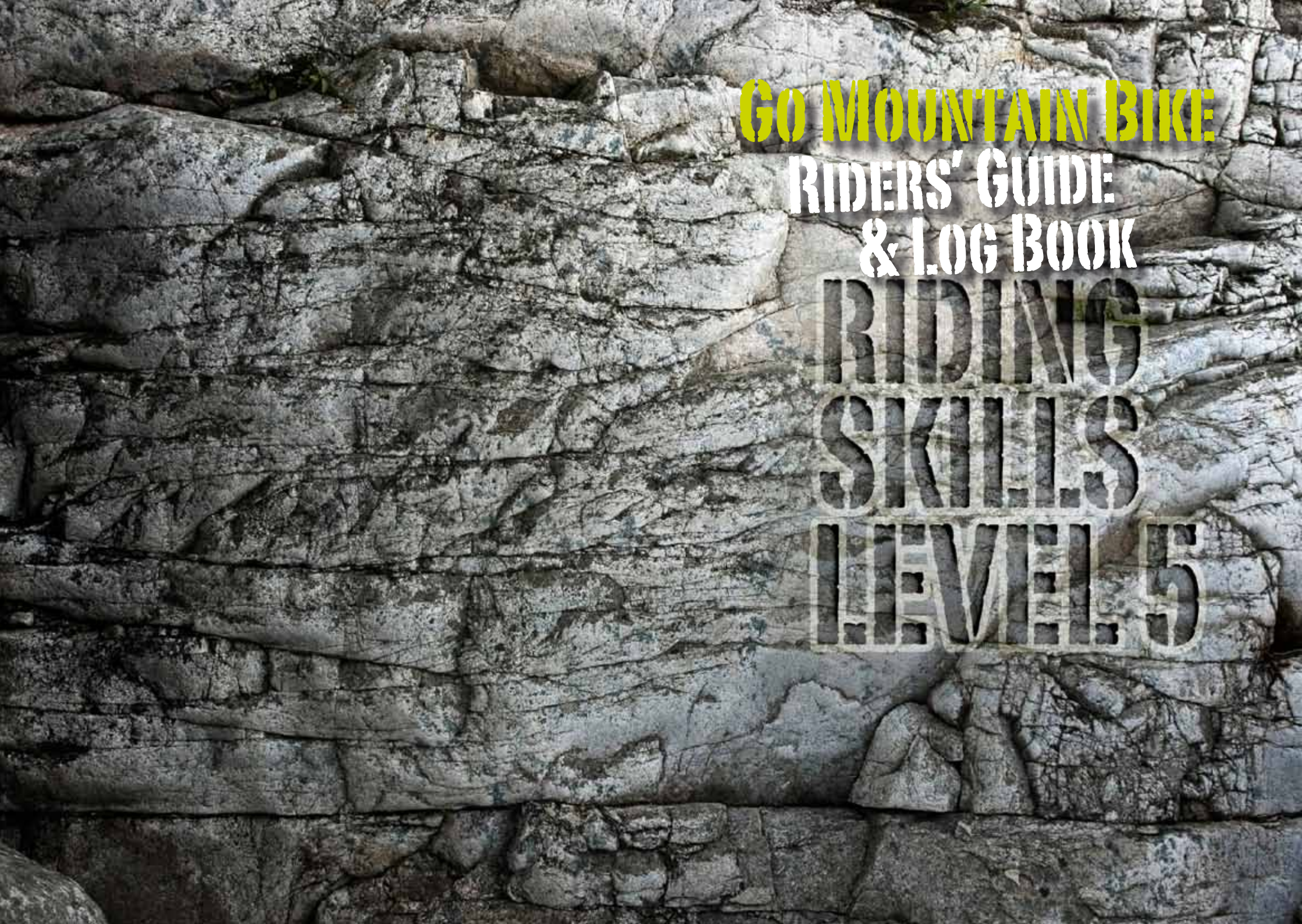
- The ride should cover a distance of 20 kilometres with the trail equating approximately to a consistent Red standard.
- You should be able to apply the following skills to achieve a flowing journey: -
 - ◇ Good trail practice.
 - ◇ Effective use of gears & brakes.
 - ◇ Adopt the attack position and employ good body movement.
 - ◇ Climb aerobically with consistent pace.
 - ◇ Descend with confidence and style.
 - ◇ Possess a level of riding fitness sufficient for the ride to undertaken with minimal stops.



**LEVEL 4
COMPLETE**

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

The background of the entire image is a close-up photograph of a rugged, grey rock face. The rock has a layered, stratified appearance with numerous cracks, crevices, and small ledges, giving it a textured and weathered look. The lighting is somewhat uneven, with brighter areas on the right side and darker shadows on the left.

GO MOUNTAIN BIKE

**RIDERS' GUIDE
& LOG BOOK**

RIDING

SKILLS

LEVEL 5

SKILL: CORNERING PART 3**DO THESE:**

This session builds on the cornering skills at Levels 3 & 4. It extends the application of cornering skills to switchback or sharp hairpin corners frequently found in trail centres.

- You will maximise the use of trail width.
- You will adjust speed on approach using brakes and the banking at the entrance to the corner.
- You will adopt a high approach, initiating the turn towards the apex with head and shoulders.

**INSTRUCTOR'S INITIALS**

SKILL: BUNNY HOPS

DO THESE:

- You will be able to cleanly bunny hop an obstacle 20cm high or greater.
- The front wheel will be the first to both take-off and land.

Attack position



Manual Front Wheel Lift



Throw weight forward



INSTRUCTOR'S INITIALS

SKILL: LATERAL BUNNY HOP

DO THESE:

- You will be able to perform a clean lateral bunny hop clearing an obstacle 5cm high.
- The front wheel will be the first to both take-off and land.

Attack position



Front wheel first



Front wheel lands first



INSTRUCTOR'S INITIALS

SKILL: JUMPS

DO THESE:

- You should be able initiate a manual at the lip of the jump.
- You should be able to employ suitable weight shift on approach, during flight and on landing.
- You should be confident in carrying sufficient speed to achieve good flight.

Manual



Weight shift during flight



Weight shift on landing



INSTRUCTOR'S INITIALS

SKILL: ROCKS**DO THESE:**

- You should demonstrate good line choice.
- You should achieve a good balance on the bike with even weight distribution front to back.
- You should achieve a relaxed stance allowing the bike to move freely.

Demonstrate good line choice



Relaxed stance allows bike to move freely

**INSTRUCTOR'S INITIALS**

SKILL: ROOTS**DO THESE:**

- You should demonstrate good line choice.
- You should aim to cross roots at roughly 90 degrees to their line.
- You should approach the root with confidence and maintain a relaxed attack position.

Cross roots at 90 degrees

**INSTRUCTOR'S INITIALS**

SKILL: BIGGER DROP-OFFS

DO THESE:

- You should demonstrate a balanced take-off and controlled entrance at a speed that matches the obstacle.
- You should stay relaxed and confident throughout the movement.
- You should land smoothly in the correct area of the trail, with minimal impact on the bike.

Balanced take off



Land smoothly



INSTRUCTOR'S INITIALS

SKILL: TRAIL RIDING

DO THESE:

- You should be able to demonstrate:
 - ◊ Both climbing and descending.
 - ◊ Confidence and control.
 - ◊ Negotiate all trail features.
- You will ride a trail of approximately 25km without the need for excessive rest stops. The trail may include any standard but must include Black.
- You should be able to complete the trail at a pace considered appropriate.



INSTRUCTOR'S INITIALS

SKILL: EXTENDED TRAIL RIDING

DO THESE:

- You should be able to apply the skills described in “Trail Riding” to a full day of riding.
- You should be able to pace your level of output to enable a consistent performance throughout the day.
- You should keep yourself well fuelled and hydrated.
 - ◊ Journey time should be approximately 5 hours over a variety of terrain with a riding time of 2 ½ to 3 hours.
 - ◊ Distances should be 20-25km with at least two being over 25km.
- You should complete five logged journeys in a least three different locations.



LEVEL 5 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

As you work through this theme you will learn something of the impact that mountain biking and other activities may have on the countryside.

Your instructor will explain the rights and responsibilities that you have when using the countryside. You should aim to have minimal impact on the countryside leaving it as you would like to find it, for other users and the next generation. You should leave no litter, avoid especially fragile environments and generally behave in a manner which is sensitive to the natural environment.

It should be noted that these rights vary considerably throughout the United Kingdom.

In Scotland, the Land Reform (Scotland) Act 2003 gives everyone statutory access rights to most land and inland water. The Access Code describes in more detail the responsibilities you have in using the countryside as well as your right to be there.

Elsewhere in the country a less enlightened approach may be encountered.

GO MOUNTAIN BIKE RIDERS' GUIDE & LOG BOOK

SHARING
THE OUTDOORS
LEVEL 1

SKILL: SHARING THE OUTDOORS (PART 1)

DO THESE:

- Show courtesy and consideration towards all users of the countryside.
- Be able to give some examples of your responsibilities when using the countryside : -
- (e.g.)
 - ◊ Show care and consideration.
 - ◊ Ensure your speed does not cause alarm or endanger others.
 - ◊ Be aware of natural hazards such as cliffs, loose rocks, tree roots and ice.
 - ◊ Follow directions when tree felling, crop spraying or other land use activities are taking place.
- You will be able to describe some examples of your responsibilities when using the countryside.
- You will demonstrate your knowledge in practice.

Be responsible



INSTRUCTOR'S INITIALS

SKILL: CARE FOR THE ENVIRONMENT (PART 1)**DO THESE:**

Be aware of the following principles:

- ◇ Leave no litter.
- ◇ Do not leave food scraps of any kind, even when considered bio-degradable.
- ◇ When taking packaged foods into the countryside, consider how you will carry the empty container. (e.g.) empty yoghurt cartons etc.
- You will be diligent in removing all personal litter and disposing of it correctly.

Leave no litter



LEVEL 1 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

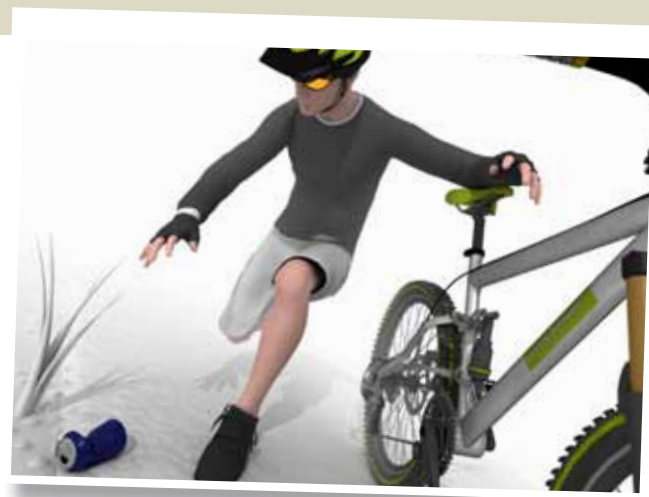
GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK

SHARING
THE OUTDOORS
LEVEL 2

SKILL: ALL LEVEL ONE SKILLS

DO THESE:

- Riders will be able to both describe and demonstrate the knowledge and skills from Level One.



INSTRUCTOR'S INITIALS

SKILL: SHARING THE OUTDOORS (PART 2)

DO THESE:

In sharing the outdoors you need to:- Respect people's privacy by keeping a sensible distance from houses. Keep noise and potential disturbance to a minimum, especially if riding at night. Respect people's property, including machinery, gates and fences; leave gates as you find them. Be considerate to other users such as walkers and horse riders; slow down and alert them to your presence. On narrow paths give way or dismount. Take care not to alarm farm animals, including stock on open ground, horses and wildlife, take extra care during the lambing season. During the shooting season, check whether your planned route will be affected. Where trails have a designated direction, follow it.

- You will be able to describe several examples of "respecting the interests of others".
- You will demonstrate your knowledge in practice.



LEVEL 2 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK

SHARING
THE OUTDOORS
LEVEL 3

SKILL: ALL LEVEL 2 SKILLS

DO THESE:

- Riders will be able to both describe and demonstrate the knowledge and skills from Level Two.



INSTRUCTOR'S INITIALS

SKILL: WHERE YOU CAN GO?**DO THESE:**

You have the right of non-motorised access to most land in Scotland, including private roads, tracks and paths for recreation and for getting from place to place. This right is conditional upon you behaving responsibly. The main exceptions to the right are : - People's gardens, Farmyards (although access is often possible), Land in which crops have been or are growing (you can use field margins as long as you avoid unnecessary damage to crops). You can take access across golf courses (except greens and tees), but only to cross the area and without interfering in play. Cyclists need to keep to paths at all times.

- You will be able to describe several examples of where you may ride.
- You will demonstrate your knowledge in practice.

There is no all-encompassing legal framework for access in other parts Great Britain.

In England & Wales: -

- Access is covered by legal rights of way (marked on Ordnance Survey maps) and "permissive access"
 - ◇ Legal rights of way include footpaths, bridleways, roads used as a public path (RUPP) and byways open to all traffic (BOAT) and "other public access".
 - ◇ Cycling is permitted on all except footpaths although those classed as "other public access" may display no cycling signs.
- Permissive access is allowed by landowners such as the Forestry Commission.
 - ◇ These locations may be closed at the owner's discretion and charges may be levied.

Know the access code



INSTRUCTOR'S INITIALS

SKILL: CARE FOR THE ENVIRONMENT (PART 2)

DO THESE:

When riding off-trail, especially in winter, avoid boggy or soft ground and don't churn up the surface. Take care not to disturb wildlife or damage natural vegetation. Observe signs advising you of sensitive areas. Be especially aware if you are part of a larger group as the impact will be greater. Help protect trails from erosion by avoiding skidding.

- You will be able to describe several examples of minimising impact on the environment.
- You will demonstrate their knowledge in practice.



LEVEL 3
COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

The background of the image is a close-up, slightly high-angle shot of a dirt trail. The trail is composed of light brown soil, small grey and white gravel stones, and scattered dry pine needles. The lighting is bright, casting soft shadows. The text is overlaid on the right side of the image.

GO MOUNTAIN BIKE
RIDERS' GUIDE
& LOG BOOK

SHARING
THE OUTDOORS
LEVEL 4

SKILL: ALL LEVEL 3 SKILLS

DO THESE:

- Riders will be able to both describe and demonstrate the knowledge and skills from Level Three.



INSTRUCTOR'S INITIALS

SKILL: KNOWLEDGE OF LAND MANAGERS' RESPONSIBILITIES

DO THESE:

- Riders should be able to describe the principle responsibilities of land managers.

Land Managers should : -

- ◇ Respect access rights and people's needs for a safe and enjoyable visit.
- ◇ Act reasonably when asking people to avoid land management operations.
- ◇ Work with local authorities and others to help integrate access and land management.



INSTRUCTOR'S INITIALS

SKILL: CARE FOR THE ENVIRONMENT (PART 3)

DO THESE:

- Be prepared to tidy up when litter is encountered in the countryside.
- Carry a plastic bag in your rucksack.
- Dispose of the rubbish correctly (disposable gloves may be useful).
- You will clear up without direction when litter is encountered.

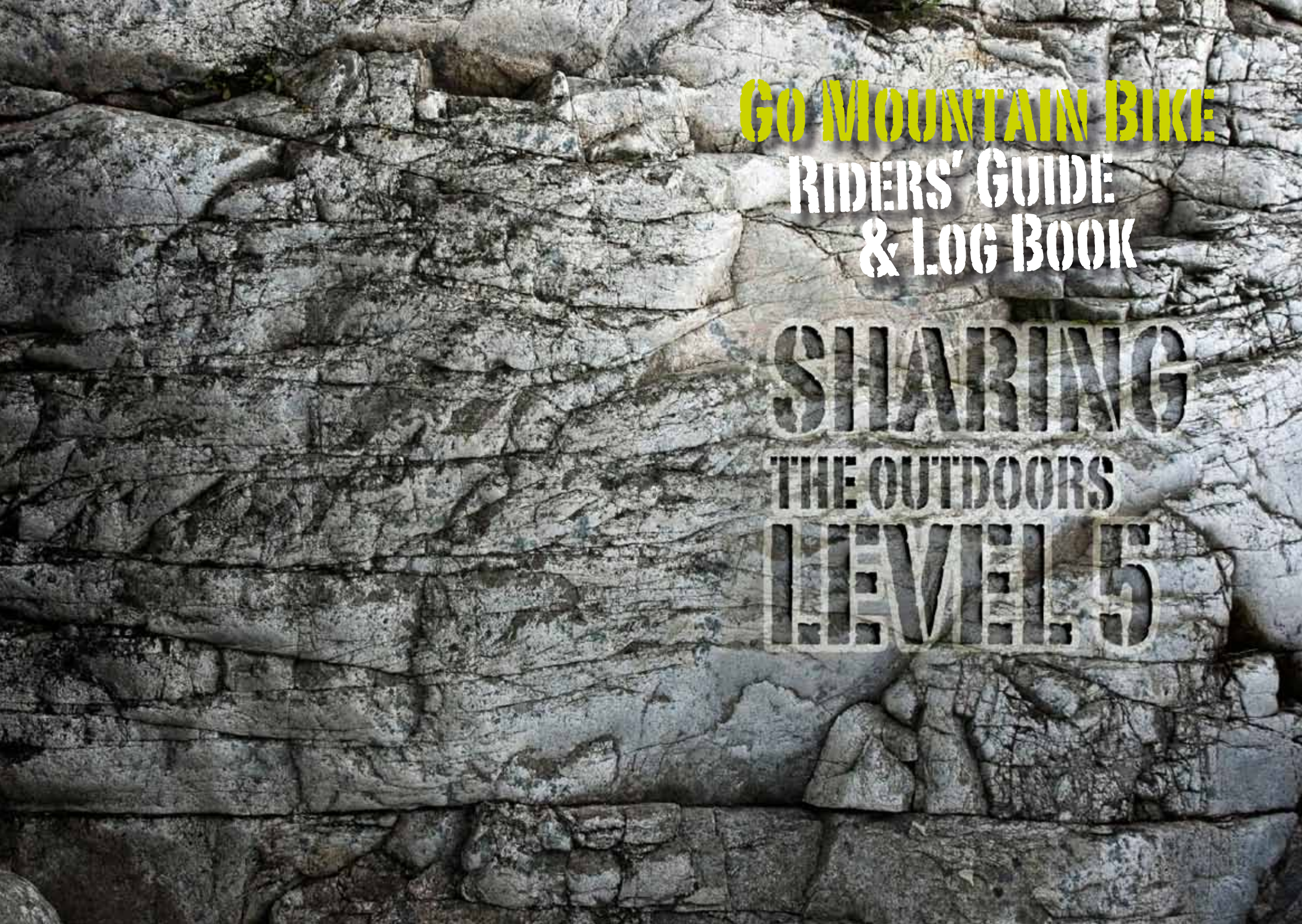
Dispose of rubbish correctly



LEVEL 4 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

The background of the entire image is a close-up photograph of a rugged, layered rock face. The rock is dark grey and black, with prominent horizontal and diagonal cracks and fissures, giving it a textured, weathered appearance. The lighting is somewhat uneven, with brighter areas on the right side and darker shadows on the left.

GO MOUNTAIN BIKE **RIDERS' GUIDE** **& LOG BOOK**

SHARING **THE OUTDOORS** **LEVEL 5**

SKILL: ALL LEVEL 4 SKILLS

DO THESE:

- Riders will be able to both describe and demonstrate the knowledge and skills from Level Four.



INSTRUCTOR'S INITIALS

SKILL: ACCESS IN PRACTICE

DO THESE:

- Riders in Scotland should have a practical working knowledge of the Scottish Outdoor access code.
- The principles of rights and responsibilities should be applied in practice at all times.
- When riding elsewhere in the United Kingdom the appropriate rights and responsibilities should be applied.



LEVEL 5
COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE RIDERS' GUIDE & LOG BOOK

Falling off is part of mountain biking and usually injuries are minor. Little or no action may be required to get the rider back on the bike and under way again. Occasionally a rider may require more skilled attention even to the point where the action you take may save a life.

First Aid, beyond cleaning a scrape or minor cut is about preserving life until skilled help arrives.

The certificate for this theme can be earned either by following this programme or by talking part in a suitable first aid course of at least 6 hours duration. A longer course with an outdoor activity bias is to be preferred.

FIRST
AID
LEVEL 2-5

SKILL: MAKING THE SCENE OF AN INCIDENT SAFE

DO THESE:

- You can describe the importance of making the scene of an incident safe for: -
 - ◊ Yourself
 - ◊ Other people
 - ◊ A casualty
- You will be involved in a group simulation of an incident where: -
 - ◊ An incident has been set up. This could be a mechanical or first aid incident.
 - ◊ The group should deploy themselves to warn approaching riders and safeguard the casualty (if appropriate).



Make the area safe

LEVEL 2 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: TREATMENT OF BLEEDING

DO THESE:

- You will revisit the importance of making an incident scene safe.
- You will be able to demonstrate how to control bleeding by: -
 - ◊ Sitting or lying a casualty down.
 - ◊ Examining a wound for embedded objects.
 - ◊ Elevating the wound.
 - ◊ Applying pressure to a wound.
- You will be able to describe how to: -
 - ◊ Clean the wound using medical wipes.
 - ◊ Apply the appropriate dressing, either: -
 - Adhesive, being mindful to potential allergy issues, or
 - A wound dressing.



LEVEL 3 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: HYPOTHERMIA; RECOGNITION AND TREATMENT

DO THESE:

Prevention and recognition:

You can describe hypothermia avoidance strategies.

- Eat well, complex carbohydrates.
- Dress appropriately. Avoid bare arms and legs in cold weather.
- Carry spare warm clothing.

You can describe and recognise:

Early warning signs:

- Rider feeling cold and tired.
- Hands and feet feeling numb.
- Intermittent shivering.
- Blue lips.
- Recognition at this stage will prevent further deterioration.

Serious hypothermia, warning signs:

- Shivering continually.
- Unusual behaviour.
- Lethargy, mental and physical.

- Slurred speech.
- Uncoordinated.
- Problems with vision.
- Short outbursts of sudden energy.

Deep hypothermia

- Decline into deep unconsciousness.
- Arms and legs stiffen.
- Irregular pulse.
- Death.

Treatment:

- You can describe ways to prevent the victim losing further heat.
- You can describe ways of rewarming the victim including:
 - ◊ Use of a group shelter.
 - ◊ Finding a dry sheltered spot where the group can huddle together.
- You will encourage the victim to eat, both simple and more complex carbohydrates.
- You should recognise that the victim will be unfit to continue the excursion, even if they appear to have recovered.
- If the victim is capable of riding, they should be allowed to rest and eat for as long as possible. Ensure yourself and the rest of the group are warm.
- You should recognise that further exercise will draw blood from the body's core.
- In serious cases the victim will require evacuation by the emergency services.
- You can describe how to call out the emergency services.

LEVEL 4 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: OBTAIN AND EMERGENCY AID OR OTHER FIRST AID CERTIFICATE

DO THESE:

- An appropriate first aid qualification is desirable at this level of cycling.
- You can expect to spend between 6 and 12 hours on this Level.
- If you are unable to attend such a course your instructor will introduce you to the following:-
 - ◇ The principles of First Aid.
 - ◇ Unconsciousness.
 - ◇ Bleeding.
 - ◇ Diabetes and asthma recognition and treatment.
 - ◇ Other conditions.



LEVEL 5 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

GO MOUNTAIN BIKE RIDERS' GUIDE & LOG BOOK

Many things contribute to a good day out biking; a well maintained bike, suitable clothing for the conditions expected, food, drinks and spares to deal with routine repairs.

This theme aims to allow you to practice the skills necessary to select the right kit for the day, to use it effectively and to find your way using a map and bike computer.

BEING INDEPENDENT
& SELF-SUPPORTING
LEVEL 1-5

SKILL: AWARENESS

DO THESE:

You need to be aware that training and practice will be required in the following skills in order to be independent and self-supporting:

- Looking after your bike and carrying out trailside repairs.
- Knowing where to go and how to get there.
- Knowing what to wear, what to carry.
- Knowing what food and drinks should be taken on a mountain biking trip.



LEVEL 1
COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: WHAT TO EAT AND DRINK (PART 1)

DO THESE:

The four levels under this topic are based on both a progression of knowledge and of longer rides which place more demand on the body's resources. You may have special dietary requirements and everyone has personal preferences.

- You should carry a snack and a drink.
- You should be able to describe and give examples of the 5 food groups.
- You should be able to give examples of foods within each group.

Carry a snack and drink



INSTRUCTOR'S INITIALS

SKILL: CLOTHING (PART 1)**DO THESE:**

Specialist clothing for cycling can be expensive. Many garments for other activities have the wicking, warmth or waterproof qualities that are required for mountain biking and may be suitable for this purpose.

- You should be able to fit your helmet correctly.
- You should have footwear that is comfortable and safe to use with the pedals fitted.
- Your clothing should be safe or made safe to ride in.

**INSTRUCTOR'S INITIALS**

SKILL: CHECKING YOUR BIKE; ADJUSTING IT TO FIT (PART 1)

DO THESE:

- Basic bike checks. You should be able to check, with assistance: -
 - ◇ Brakes: wear, alignment and cable tension.
 - ◇ Gears: work through the full range and demonstrate that the indexing is working.
 - ◇ Tyre pressures are appropriate to you and the riding conditions.
- You are able to adjust the bike for efficient riding.

Check your bike



Gears working



LEVEL 2 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: WHAT TO EAT AND DRINK (PART 2)

DO THESE:

You should be able to show an understanding of energy and fluid use during exercise.

- You should understand the physical and mental effects under fuelling and dehydration.
- You can describe how and when to refuel and rehydrate.
- You can describe examples of foods which would be appropriate for planned ride.
- You should carry sufficient fluids for the planned ride.
- You can drink whilst on the move.

Drink on the move



Describe appropriate foods



INSTRUCTOR'S INITIALS

SKILL: CLOTHING (PART 2)

DO THESE:

- You will be able to describe the layering system of clothing.
- You can describe the limitations of cotton as a base, outer layer or for footwear.
- You can describe garments which will function well as a base layer.
- You have suitable clothing with you for the ride.

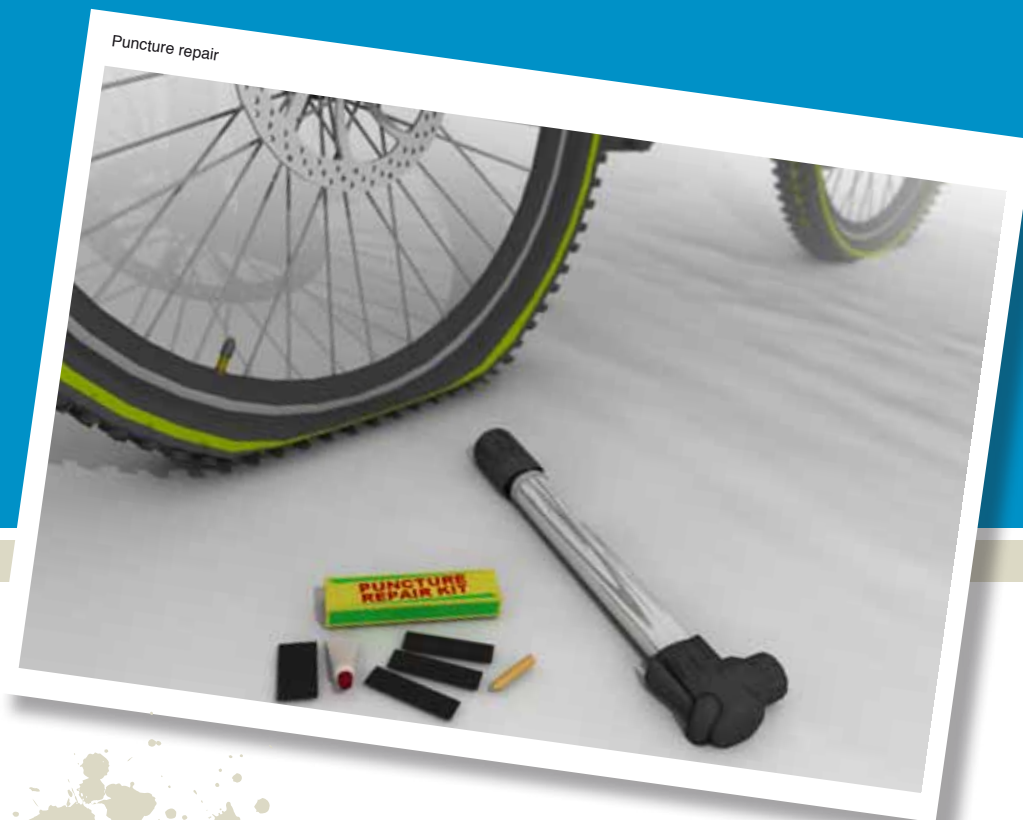


INSTRUCTOR'S INITIALS

SKILL: TRAILSIDE REPAIRS (PART 1)

DO THESE:

- Riders will be able to perform a front wheel puncture repair with assistance, (if required).



INSTRUCTOR'S INITIALS

SKILL: NAVIGATION (PART 1)

DO THESE:

Following route markers at trail centres makes navigation easy. Limiting riding to these locations places a narrow horizon on the potential of the mountain bike. This section on navigation together with parts 2 & 3 in the next levels aims to provide you with the skills to navigate routes that are rideable for most of their length.

- You can observe and note key features both in the landscape and on the map.
- You can:
 - ◊ Describe key features on the map.
 - ◊ Explain the significance of contour lines in the context of a ride.
 - ◊ Use a 6-figure grid reference.
 - ◊ Orientate the map.
 - ◊ Identify the scale of the map.

- You can:
 - ◊ Explain the use of the compass' features.
 - ◊ Take a bearing off the map using a compass.
 - ◊ Describe how to apply variations between grid and magnetic north.
- You can orientate a map using both terrain and compass.
- You can follow a route on a map during a ride.



INSTRUCTOR'S INITIALS

SKILL: BIKE CHECKS (PART 2)

DO THESE:

- You will be able to check: -
 - ◇ Handlebar and bar end safety.
 - ◇ Brake pad or shoe wear.
 - ◇ Cable condition.
- You are able to adjust seat height for efficient riding.

Adjust seat height



LEVEL 3 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: WHAT TO EAT AND DRINK (PART 3)

DO THESE:

Riders should be able to describe how to maintain energy and fluid levels throughout a ride and the importance of recovery.

- You can describe approximately how long a fit rider's energy will last without additional food during a moderate to hard ride.
- You can describe the importance of recovery after a session.
- You can suggest appropriate recovery foods and fluids.
- You are aware of how to self-monitor your hydration status.
- You can describe several symptoms of dehydration.
- You will drink regularly without prompting during a mountain bike trip.



Urine Chart



Your Target is to make sure that your urine is the same colour as numbers 1, 2 or 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration.

INSTRUCTOR'S INITIALS

SKILL: CLOTHING (PART 3)

DO THESE:

This level includes information on additional protective clothing. You may choose to use certain of these items when riding jumps or other technical features. Body protection tends to minimise cuts and abrasions in the event of a fall but will not prevent broken bones. You should be aware of this and not ride above your skill level in a sense of false security.

- You can describe the pros and cons of full-face helmets.
- You can list items of body protection that are available for mountain biking.
- You will wear hand protection when riding technical terrain.
- You are aware of the protection that can be provided by items of body armour.

Body armour



Hand protection



INSTRUCTOR'S INITIALS

SKILL: TRAILSIDE REPAIRS (PART 2)

DO THESE:

- Can demonstrate, with assistance, the repair of a rear wheel puncture.
- Can demonstrate, with assistance, the use of a chain splitting tool.



INSTRUCTOR'S INITIALS

SKILL: NAVIGATION (PART 2)**DO THESE:**

Part 2 focuses on using the map, compass and bike computer to put navigation into a mountain biking context.

- You can calculate riding time based on speed and distance.
- You have practiced using a bike computer to measure distance and riding time.
- You can take a compass bearing and relate it to the map.
- You can describe the significance of “handrails” and “decision points”.

Using a bike computer



INSTRUCTOR'S INITIALS

SKILL: PLANNING FOR A TRIP (PART 1)

DO THESE:

- Riders can obtain at least two forecasts.
- Riders can describe the possible effects of the forecast on the planned trip.



LEVEL 4
COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

SKILL: WHAT TO EAT AND DRINK (PART 4)

DO THESE:

Riders should be aware of the safety implications of inappropriate fuelling and dehydration and understand the effect of weather has on fuelling and hydration.

- You should be aware of the consequences of poor food choices on fuelling.
- You should be able to describe the impact of weather on fuelling and hydration.
- You should be able to describe carefully considered food and drinks to be carried for a planned ride.
- Riders should be able to describe a range of sports nutrition products and their uses.



INSTRUCTOR'S INITIALS

SKILL: CLOTHING

DO THESE:

This level looks at protection in more extreme conditions. You should be aware that riding in very cold and wet conditions provides a challenge for you and the bike. Care should be taken when venturing out to ensure that the planned ride is well within your capabilities and that suitable spares, clothing and emergency equipment is carried. Details of your route should be left with a responsible person as well your expected return time.

- You should be able to describe suitable clothing to use in cold and or wet conditions.
- You should have tested your personal gear and have practiced using it before venturing into cold and wet conditions.
- You can describe the personal safety gear you should carry.

Personal gear



Carry suitable spare clothing



INSTRUCTOR'S INITIALS

SKILL: TRAILSIDE REPAIRS (PART 3)**DO THESE:**

- You will be self-sufficient with the following trailside repairs: -
 - ◇ Rear wheel puncture.
 - ◇ Broken chain.
 - ◇ Broken rear gear cable.
 - ◇ Replacing brake shoes or pads.



Rear wheel puncture



INSTRUCTOR'S INITIALS

SKILL: NAVIGATION (PART 3)**DO THESE:**

- You can select features on a map to incorporate into a route card.
- You can prepare and follow a route card.
- You have considered alternative options that could be applied in poor weather or to return earlier etc.
- You can use a bike computer to measure distance covered during a ride.
- You can relocate using a map and observed features.

**INSTRUCTOR'S INITIALS**

SKILL: TRIP PLANNING (PART 2)

DO THESE:

- You can plan a route taking into account your own skills and that of your companions.
- You can demonstrate an awareness of making plans for a chance happening – a “contingency plan” and can prepare one.
- Ride the planned route, sharing navigation and able to relocate.



LEVEL 5 COMPLETE

INSTRUCTOR'S SIGNATURE

INSTRUCTOR'S INITIALS

“Go Mountain bike has been designed to put the fun back into cycle proficiency, building on the traditional skills of cycle training and further developing them through mountain biking, one of Scotland’s most popular activities.”

Jim Riach,
Education Manager,
Cycling Scotland

[illegible]

Ride No.	Date	Venue	Duration (hours)	Distance (approx)	Weather/Terrain	Theme

“Sustrans see Go Mountain Bike as a valuable way to engage young people in cycling.”

William Methven,
Sustrans Scotland,
School Travel Manager



“If we are to get our nation active we have to offer a wide variety of enjoyable and accessible opportunities. Mountain biking is a particularly exciting opportunity involves loads of physical activity, gets people out into the countryside, can be very sociable and ultimately is great fun.”

Dr Matthew Lowther,
Scotland's National Physical Activity Coordinator



“Making journeys by bike into wild places is one of my great loves. Go MTB will help give you the skills to plan those journeys and “escape” into the countryside by bike.”

Jim Riach,
SMBLA founder member



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Cycling Scotland

