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TRAIL CYCLE LEADER AWARD

The Trail Cycle Leader award is the appropriate award for leading groups of bikers on trails such as the Ballyhoura MTB trails. It is the ideal qualification for staff in Outdoor Education Centres, Adventure Centres, Schools, Youth Groups, anyone leading groups within a club or for bikers who just want to improve their skills.

The course consists of two days training. Participants must then complete logbook requirements and then attend for a one day assessment. This award is certified by Scottish Cycling and is in turn recognised by Cycling Ireland. It is planned that the award will be directly certified by Cycling Ireland in the near future.

Pre-Entry to SMBLA Trail Cycle Leader Training

Candidates must be over 18 years old and have log book experience of at least 20 mountain bike rides of 1.5 hr duration in a variety of terrain and weather conditions. Longer runs of 2 to 3 hrs duration, with at least one being 6 hours and 2/3 detailed route cards should also be included. The terrain covered should be appropriate to the level of award sought.

Evidence of having acted as an assistant mountain bike leader with a group is recommended (but not essential) to help acquaint the candidate with the skills and issues covered by the course.

Registration

Candidates must register with the MBLA in advance of the course, which can be done online at <http://new.britishcycling.org.uk/scotland/article/scst-scottish-cycling-shop-MBLA-Shop>.

Equipment

Bikes are not provided on the course and candidates are required to be completely self-sufficient in terms of equipment.

TCL Assessment

After completing the Trail Cycle Leader training, candidates will be debriefed ready for assessment. A consolidation period of 30 days is recommended prior to returning for assessment. Exemption from this is possible if you meet the required exemption criteria.

On successful completion of the TCL Assessment candidates will be sufficiently qualified to lead groups of up to 6 riders as detailed below:

- On public highways, way marked routes, rights of way, which are cycle, permitted, identifiable routes and trails with obvious navigational features and routes with low to medium technical difficulty.
- On routes which are 90-95% rideable over their total length.

- In terrain no more than 30 minutes walk away from shelter with communication and no more than 600 metres in height.
- In normal summer conditions, during daylight
- On multi-day trips where the group does not require to be self-sufficient.

Outline of Trail Cycle Leader Training Programme

Day 1

Introduction / TCL & AALS remit / Risk Assessments / Workshop based Maintenance Session (gears, brakes, chains and tubes)

Cycling Skills Course / Climbing and Descending / On-road Riding Management / Clothing & Trail Definition.

Evening session: (maps provided) Navigation / Route Cards / Leaders Equipment.

Day 2

Morning Session of Skills (on provided flat pedals). Track Stands / Manual Front Wheel Lifts / Power Assisted Front Wheel Lifts / Unweighting the Rear of the Bike.

Group ride covering topics listed below.

Good Cycling position / More Basic Skills (weight distribution and balancing) / Route Finding & Navigation / Teaching / Leadership

Evening session: Debrief.

Assessment Day

Full day mountain bike journey. Working with a ratio 1:4, each candidate will receive 1 leg to lead. During that leg it is expected that they will deliver a flowing journey demonstrating good leadership practice and also coach a skill session. The assessment is completely practical and does not involve any exam based paperwork.

Certification

Trail Cycle Leader certificates will be awarded by Scottish Cycling to candidates who have satisfactorily passed the TCL Assessment on the recommendation of the Tutor, and who, at the time of assessment :

1. Are registered with the MBLA.
2. Possess membership of British Cycling / Scottish Cycling (please check with your tutor as this will soon change to Cycling Ireland)
3. Hold an appropriate and valid first aid certificate.

Course fees

Trail Cycle Leader Training – 2 Day non- residential

€ see training course calendar

Trail Cycle Leader Assessment – 1 Day

€ see training course calendar

Additional fees – candidates must arrange registration themselves

Registration with SMBLA to include manual

St £ 53 incl. delivery at 23/03/11

- online at http://www.britishcycling.org.uk/web/site/SCU/smbla/about_SMBLA.asp