



Level One MTB Skills

- 9.30am Arrive, Welcome & Briefing, Registration
- 9.45am Gear and Equipment check
- 10.00am Bike set up & Bike Checks (Equipment needed for Trail Riding)
- 10.30am Getting started - Warm up & Basic Bike Handling Skills – Revise Introductory Skills
- 11.00am **Level One Core Skills**
- Front Wheel Lift
 - Power Assisted Front Wheel Lift
 - Rear Wheel Lift
 - Track Stand
- Bike Park** – Practice Level One Skills
- 12.00am Lunch (Load gear into bus)
- 12.45pm **Trail Ride** – Practicing Level One Skills
- 4.00pm Return to K.O.E.C. – Bike Clean + Showers
- 4.30pm Debrief – Where to go next with MTB Skills

What to bring list – Mountain Bike Courses

Biking Gear

Mountain Bike in good working order – spares as appropriate e.g. tube etc. Multi-tool and wheel pump.

Helmet & protective pads, cycling gloves

Padded Cycling Shorts

Drinks containers

Small backpack for spare clothing etc.

Clothing

Comfortable clothing that will retain heat if wet – no cottons, long sleeved for protection. Light shell rainjacket & light raintrousers. Comfortable runners with good grip on soles. Spare clothing as necessary.

Snacks for out on trail ride