



27<sup>th</sup> January 2005

## **OTC TECHNICAL MOUNTAIN BIKE LEADER**

The Technical Mountain Bike Leader Award (previously the Level 2 Leader Award), or the Technical Leader for short is for anyone interested in taking groups of mountain bikers out on single day trips in **technical mountain bike terrain**.

Separate training and assessment courses provides the flexibility for Technical Leaders to build up the skills they require to be competent before being assessed.

You can enter the Technical Leader training course after completion of the Trail Leader course or if you fulfil all the **course pre-requisites**, you may be able to start at this point.

### **Technical Leader Training Course**

The training course is designed to enhance or acquire knowledge of topics such as group management skills, route planning, ride preparation, preparatory and trailside maintenance and navigation. The course duration is 25 hrs tuition run over a Friday evening, Saturday and Sunday (or equivalent time scale mid week).

Course delivery aims to be fun as well as informative utilising different styles of presentation and hands on practical sessions to suit everyone's needs.

During the course you are given:

- Extensive leadership tuition and learning opportunities.
- **Riding Proficiency Expectations** check for the Technical Leader Award.
- A manual containing :
  - Extensive course notes
  - A log book
  - Riding Proficiency Expectations information
  - Technical Leader Award Assessment Criteria
  - Candidate support network information

Where offered, the course can also include food and accommodation.

### **Consolidation Period**

After completing the training course you then attain logged leading experience where you put in to practise what you have learned. The length of this period is dependant upon your previous experience as well as the opportunities you may have to gain experience leading groups and running mountain bike sessions. As a guideline, this period usually varies between 3 months and 3 years.

**THE FISHERGATE CENTRE FISHERGATE YORK YO10 4FB**  
**T: 01904 635647 F: 01904 635672 E: [admin@rocksteadyadventure.co.uk](mailto:admin@rocksteadyadventure.co.uk)**

Registered in England No. 4345585

**Life is a daring adventure....or nothing at all**



## Technical Terrain

Technical terrain is as it's name suggests, technical. It includes singletrack and routes with obstacles which require technical skill to be ridden over or avoided, such as roots, rocks or holes. It does not necessarily mean big drops or seemingly unachievable sections, but the sort of terrain that most mountain bikers may come across on a normal ride.

Typical technical terrain includes: singletrack, farm and moorland tracks and paths and other mountain bike accessible rights of way with sections requiring line selection to ride. Technical Terrain also includes trail terrain and public highways and roads.

There is an enormous amount of technical riding out there, most of the riding available to us within the UK in fact is technical. It is best suited to the leading of groups with some previous mountain biking experience and abilities.

Technical terrain is lower than 600m above sea level and less than 30 minutes walk (about 2 1/2km) from a road or shelter. Where you go beyond these limits, you may legally need an Adventure Activity Licence, and will fall automatically into the Advanced Mountain Bike Leader terrain.

Where you remain within the height and remoteness factors, but make use of less technical terrain, you may only need the Trail Mountain Bike Leader Award.

### Factors for outside of the UK

The Technical Leader course is designed principally for the UK, however it may be used further a field with the following provisos:

The holder is equipped with knowledge, experience and appropriate locally recognised qualifications to act as a mountain bike leader for the area they are using. These factors should include at least language, culture, weather and emergency procedures.

In addition for locations with similar weather patterns to the UK, the Leader should remain within the specification of limits as stated above. These locations might include for example Scandinavia and northern Europe.

Where a more settled weather pattern exists, for example southern Europe, the Technical Leader may extend their riding to above 600m, but must at all times remain less than 2 1/2 km from a road or land based telephone, via a rideable route.



### Pre-requisites for the Technical Mountain Bike Leader Award

Designed for those leading groups in technical terrain the pre-requisites for the Technical Mountain Bike Leader Award exist to minimise the course duration and therefore the cost to you.

The focus of the Technical Mountain Bike Leader course is on leader skills (as you may expect), as most other skills can be initiated prior to attending, however support for associated techniques such as maintenance, navigation and dealing with emergencies is of course included.

In order to be appropriately skilled to apply for the Technical Leader Award course, you should:

- Have an interest in mountain bike leading into technical terrain
- Hold at least two years personal mountain bike riding experience (at least 50 rides) and be regularly riding in technical terrain
- Achieve the Riding Proficiency Expectations of a Technical Leader (Some support and training to assist you is provided during the course, although you will need to be capable of riding your bike effectively before you attend.)
- Hold a valid and appropriate first aid certificate.
- Be 17 years of age or older.

Additional skills may prove useful where you have gained these prior to attending, but these are not essential, namely:

- navigation skills (use of a map and compass for route finding on open land)
- basic maintenance skills (brake adjustment, trailside repairs)
- having been in charge of a group of others
- holding other outdoor activity or education qualifications



## Riding Proficiency Expectations

The Riding Proficiency Expectations (RPE) are a required part of each qualification within the scheme. These provide the basis for the level of leaders' own riding skill and enables them to match the terrain to their abilities.

### Reasons for the RPE

The RPE is necessary to determine candidate's personal mountain bike riding ability within the context of mountain bike leading. All the Awards with the scheme require a set standard for the personal abilities of candidates as well as achievement at aspects of leadership. The RPE is not an assessment of candidates' extreme or trials riding capabilities, but a test of general riding standard in situations which you are likely to come across under normal riding conditions in the terrain for which the Award is designed.

### RPE Outcomes

The RPE has outcomes which directly relate to each Award. Briefly these can be outlined as:

RPE Outcome	Approximation of riding standard
Not yet Trail	A candidate has yet to achieve the requirements for trail terrain
Trail	A candidate who attempts sections, not always successfully, and has yet to achieve fluid timing and effort efficiency. Is able to ride comfortably in trail terrain
Technical	A candidate who successfully completes sections with evidence of effort and attention, but who has yet to achieve complete fluidity of movement. Is able to ride comfortably in technical terrain
Advanced	A candidate who completes sections with a tendency towards natural, flowing and balanced movement. An advanced rider is consistent throughout all aspects of the RPE and is able to ride comfortably in advanced terrain

Each qualification requires the following RPE outcome:

Qualification	Minimum RPE Outcome required to complete a Leader or Skill Instructor Assessment
Site Specific Award	Trail or technical according to the terrain used within the remit of the award
Trail Mountain Bike Leader Award (previously Level 1 Leader)	Trail
Technical Mountain Bike Leader Award (previously Level 2 Leader)	Technical
Advanced Leader Award (previously Level 3 Leader)	Advanced
Skill Instructor Award	Technical
Leader Trainer	Advanced

**THE FISHERGATE CENTRE FISHERGATE YORK YO10 4FB**  
**T: 01904 635647 F: 01904 635672 E: [admin@rocksteadyadventure.co.uk](mailto:admin@rocksteadyadventure.co.uk)**

Registered in England No. 4345585



### When can I complete a RPE?

To make the system accessible and to provide additional guidance to candidates, an opportunity to complete a RPE is made to all candidates during their training course or Pre-Assessment Interview. RPE are available through any of the Skill Development Supporting Courses. Further RPE are available by arrangement if required.

### Skill sections

The RPE is made up of ten parts, or sections. Each of these cover a specific aspect of mountain bike riding.

1. Select and use gears efficiently
2. Complete two riding tasks simultaneously
3. Ride over an obstacle of moderate height (50 - 100mm high)
4. Ride up a moderate off-road slope
5. Ride down a reasonably steep descent
6. Stop without skidding
7. Ride an off-camber trail
8. Negotiate a moderately fast corner
9. Chose and appropriate line over rough terrain
10. Assessors overall impressions

Opportunities to complete sections more than once, and subsequent RPE are available. Leader Trainers will be able to answer any questions you may have prior to or during the RPE, on any course you attended.

If you have any questions, or would like to discuss your requirements further, please do not hesitate to contact me either by telephone, or email [james@rocksteadyadventure.co.uk](mailto:james@rocksteadyadventure.co.uk).

Yours sincerely

James Brentley