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**TrailBlazerS**  
MTB  
Safety & Skills



**'Be a better rider'**

**M.A.C.**

*Mobile Activity Centres Project*

# Mountain Bike Course

**Age Range:** 8-13 years old - **Max group size** 8 young people

The mountain bikes and equipment will be supplied by LACYP  
e.g. Helmets-Bikes (14 ins frame)

**Suitable clothing required for skill session**

## Skills Session: (2-3 hours)

**a) Fit to ride?**

*Checking your bike for safety  
Helmet fitting  
Suitable clothing*



**b) Can you?**

*Pedal properly                      Use the brakes correctly  
Turn                                      Indicate  
Look back (and not fall off !!)*

**c) Skills Development:**

<i>Riding in a box</i>	<i>Balance box</i>
<i>Bike limbo</i>	<i>Planks</i>
<i>Log Hopping</i>	<i>Slalom</i>
<i>Seesaw</i>	<i>Descents and drops</i>
<i>Ramps</i>	<i>Climbs</i>

**Clothing required for riding sessions are listed below:**

waterproof coat	$\frac{3}{4}$ shorts	old track suit
long socks	gloves	plenty of layers
old trainers	water bottle	small backpack
packed lunch	complete change of clothes	

**Please note:** these sessions are weather dependant and maybe called off at very short notice, or in very extreme cases during the session. In these cases alternative dates will be arranged

## First session - off road biking: (2-3 hours)

- a) *Off road riding at a venue risk assessed by LACYP -e.g. Leisure Lakes, Gisburn Forest*
- b) *Put into practice the skills learnt in the skill session and have some fun!!*

## Further sessions - off road biking: (2-3 hours)

- a) *As above, more venues and trickier routes, including single tracks, different surfaces and fantastic views.*
- b) *For the ultimate challenges try the north face trail in Grizedale Forest or the Kentmere Valley trail*

**Please Note:** Mountain biking is a potentially hazardous activity. Whilst all reasonable care will be taken to ensure safety during the session, please remember accidents can happen. The duration of this session varies dependant on the route and conditions.

**Riding and skills sessions:** can also be provided to groups over 13 years old who have their own bikes. However, LACYP will only provide the instructors

## Conditions of Use

**Please Note:** participants **must** be able to ride a bike.

1. The content of each session must be agreed before a booking is confirmed.
2. There must be 2 allocated workers from group/club to support the activity.
3. Any non-accidental damage/loss must be paid for by the user group.