



Mountain Bike Trail Leader Award

Course Booking Requirements Guide

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Introduction

The [Mountain Bike Trail Leader Award](#) allows successful participants to lead groups on non-technical (gentle) terrain, such as forest tracks, fire roads, cycleways, public highways and other smooth ground that does not require navigation around obstacles such as rocks, roots or fallen branches. The terrain must be below 600m above sea level and less than 30 minutes' walk (about 2.5km) from a road or refuge for rides of one day. This award is only valid when the participant holds a current, up to date 16 hour First Aid certificate. It is the responsibility of the participant to ensure their First Aid training is kept valid and up to date.

Duration: 3 days. Day 1 – Theory. Day 2 – Tutor Led Skills Session & Ride. Day 3 – Participant Led Skills Session & Ride.

Time: 9am to 5.30pm daily

Number of Participants: Minimum – 5. Maximum – 7.

Cost: £418 per person. £2631 per group of 7 participants.

Booking: Please provide a minimum of 3 dates to allow allocation of tutor. Cycling UK will forward a booking form to confirm dates, cost and venue requirements. Participants will receive more details upon course sign up.

Pre-Requisite Qualifications & Experience

Age Limit: Minimum age is 18 years old.

First Aid Certificate: All participants must hold a valid 16 hour outdoor first aid certificate. This may be completed following the Trail Leader course; however, certification will be withheld until proof of first aid qualification is received. Participants may email a scanned copy of their certificate to Training@CyclingUK.Org

Ride Experience: 1 year/30 rides in easy off road terrain (Forestry land, bridleways, open moorland). Additionally, participants should be capable of riding in red terrain and comfortable working in poor weather conditions.

Venue Requirements

The Course Organiser is responsible for booking the venue. The following facilities will be required for the duration of the course:

Facility	Day 1	Day 2	Day 3	Remarks
Classroom	X (All day)	X (PM)	X (PM)	Projector & Screen/Smart TV 8 x Tables & Chairs Whiteboard/flipchart (Optional)
Traffic Free Area (Car Park/Field)	Optional	X	X	Pre-Ride Checks Skills Coaching Warm Up Games
Easy Access to Trails (Forestry land, Bridleways, moorland) (Green and Blue Routes, Some Red)	Optional	X	X	Led Ride Assessment Scenarios
Bike Washing Facility	Optional	X	X	Bike Cleaning Demo Tutor to provide cleaning kit
Toilet/WC	X	X	X	
Kitchen/Cafe	X	X	X	
Picnic Area	Optional	Optional	Optional	
Parking	Optional	Optional	Optional	

Note: Consideration should be given to set up and tidy up times when booking venues (30 mins either side).

Catering

A kitchen/cafe facility is preferable; however, participants will be advised to bring a packed lunch. Tutor to provide tea, coffee and other refreshments, as required.