

## TRAINING & LEADERSHIP QUALIFICATIONS OVERVIEW

AWARD	REMIT	TERRAIN	GROUP RATIOS
<b>BIKEABILITY TRAINING</b>	Bikeability Scotland is a cycle training scheme designed to give children the skills and confidence they need both to cycle safely on the roads. Anyone with experience and confidence riding a bicycle can train to be an instructor.	Level 1 - Safe traffic free environment such as school playground Level 2 - Quiet residential areas Level 3 - More complex road junctions and cyclepaths	<b>Level 1</b> 1:15 <b>Level 2</b> 1:8 <b>Level 3</b> 2:6
<b>GO-MTB AWARDS</b>	Go MTB is a progressive mountain bike achievement award that enables people to advance their technical riding skills as well as learning how to look after themselves, their bike, the environment, and other people.	Level 1 – 3 Terrain similar to Green/Blue graded MTB Trails  Level 4 – 5 Terrain similar to Red/Black graded MTB Trails	1:8
<b>CYCLE RIDE LEADER AWARD</b>	This course gives you the skills necessary to lead groups on short rides along previously identified risk assessed routes. These led rides are likely to be aimed at adult groups returning to cycling, who want to become more active or are looking to see more of local cycle.	Short rides along previously identified risk assessed routes.	1:8
<b>LEVEL 1 MOUNTAIN BIKE LEADER</b>	Level 1 Leaders will be trained to a standard that enables them to lead introductory level mountain bike rides on limited pre-determined routes in a safe and enjoyable environment. This limits the level of route planning and navigation skills required by the individual.	Limited pre-determined routes on terrain that can be ridden seated and only requires basic weight-shift application has one clear line choice, is no more than half an hour's walk from where an ambulance can get to, is during daylight in normal summer and intermediate seasonal conditions. Some sections of road can be included	1:8
<b>LEVEL 2 MOUNTAIN BIKE LEADER</b>	The entry point for most aspirant mountain bike leaders, enabling qualified leaders to use their experience to safely guide others on off-road terrain who is either working in the outdoor sector, volunteering at a club or simply has a personal interest in gaining additional skills.	Terrain is rideable at walking speed, is rollable on descents so that wheels are not required to leave the ground, has an obvious line choice, is 90% rideable by the entire group and is no more than half an hour's walk from where an ambulance can get to is during daylight in normal summer and intermediate seasonal conditions	1:8
<b>LEVEL 3 MOUNTAIN BIKE LEADER</b>	The Level 3 Mountain Bike Leadership Award enables the most experienced leaders to take these groups and individuals on demanding wilderness rides in the most remote corners of the country that requires navigation.	In addition to the terrain appropriate for a Level 2 leader, the remit at Level 3 includes terrain that may require more than walking speed to be negotiated safely and successfully require wheels to leave the ground and not have an obvious line choice. It can be more than half an hour's walk from where a road ambulance can get to and navigation may be required.	1:8