

## **Mountain Bike Coaching UK (MBCUK) Awards**

Dirt School is pleased to have been delivering MBCUK leadership qualifications since 2019. We've been delivering top quality coaching in the Tweed Valley and beyond since 2006, and our leadership awards create a way for us to share that knowledge with new coaches and leaders, whilst supporting them through their qualifications.

### **Why the MBCUK award scheme?**

MBCUK exists to improve mountain bikers' awareness of the knowledge and skills required to coach and lead on bikes with optimum safety, education and comfort. It's the UK's longest established national award scheme for mountain bikers and will allow you to provide coaching to your groups on the trail giving you the freedom to run the sessions you want.

#### **Benefits:**

- Combined coaching and leading qualification keeping things simple with one award covering you for both.
- Lower cost and time commitment.
- Forward thinking, user friendly award that recognises rider's previous experience
- Inspected and endorsed by the Association of British Cycling Coaches (ABCC) for membership and insurance.
- Inspected by Adventuremark - the national licensing and advisory body for non statutory adventure training activities.
- Recognised by the Association of British Mountain Bike Guides (ABMG) - an internationally recognised mountain bike guiding standard.
- Recognised by the Adventurous Activities Licensing Scheme (AALS).

The aim of the Trail Leader (TL) and Technical Trail Leader (TTL) course is to train and assess candidates to lead cycling activities, on and off road using evidence of their previous experience, personal riding skills and Coaching and Leading ability in a variety of terrains and riding scenarios. The courses also cover navigation, safety and group management, trailside maintenance, planning and risk assessments, coaching and instruction and emergency procedures.

## Which Award is Right For You?

	Trail Leader (Level 1)	Technical Trail Leader (Level 2)
Lead Groups	Yes	Yes
Coach Groups	Yes	Yes
Take Groups on Technical Terrain	No	Yes
Prerequisites	<ul style="list-style-type: none"> <li>Over 18 years of age</li> <li>Logged a minimum of 20 off road rides on varied terrain and mountain bike environment</li> <li>Existing mountain biking experience and comfortable on blue graded trails.</li> </ul>	<ul style="list-style-type: none"> <li>Over 18 years of age</li> <li>Logged a minimum of 10 off road rides of over 5 hours including leading groups</li> <li>A background in coaching and leading individuals and groups</li> <li>Extensive mountain bike experience - comfortable on black and natural trails</li> <li>Proficient in a hill walking environment</li> </ul>
Remit of Award	<ul style="list-style-type: none"> <li>Can lead and coach on cycle permitted areas or unmarked cycle trails with a risk assessment within one hour from ambulance access</li> <li>Low to moderate technical difficulty but must not be defined as mountainous unless technically proficient in that terrain</li> <li>Must operate within limitations of current logbook experience</li> <li>Maximum instructor to student ratio of 1-6.</li> <li>Must hold valid first aid certificate and insurance</li> </ul>	<ul style="list-style-type: none"> <li>Can lead and coach on cycle permitted areas or unmarked cycle trails with a risk assessment within one hour from ambulance access</li> <li>Terrain can be technically difficult but must not be defined as mountainous unless technically proficient in that terrain</li> <li>Must operate within limitations of current logbook experience</li> <li>Maximum instructor to student ratio of 1-6.</li> <li>Must hold valid first aid certificate and insurance</li> </ul>
Duration of Course	2 days	2 days
Cost	£275	£275
Registration Fee	N/A	N/A
Insurance	Available for £52 through ABCC <a href="#">here</a>	Available for £52 through ABCC <a href="#">here</a>

### Find out more...

Visit <https://mountainbikecoaching.com/> for more information on the MBCUK Award Scheme.

Book online at <https://www.dirtschool.co.uk/courses/leadership/>

Or contact [learn@dirtschool.co.uk](mailto:learn@dirtschool.co.uk) for more information.

