

## **MBLA Trail Cycle Leader Assessment Course Notes & Home Paper**

### **What Paperwork Is Required?**

Prior to attending the assessment course you are required to have the following:

1. A "Training Completed" form signed by a tutor after the training course.
2. An SMBLA / MBLA registration number and training manual.
3. A British Cycling or Scottish Cycling membership card.
4. An original and in date first aid certificate.
5. All the equipment required for a Trail Cycle Leader including leadership and maintenance equipment. This is part of the assessment. (See MBLA training manual for further advice).
6. Make sure you have completed your logbook. You are required to have 30 rides at Trail Cycle Leader assessment (10 at least since your training). These will be made up from rides of at least 1.5 hours duration and will include longer rides of 2-3 hours with at least one ride of 6 hours..
7. A Trail Cycle Leader Home Paper (part of this document)
8. A Route Plan – suitable for you leading a group of 6 novices for a day in TCL terrain in an area you are familiar with.

### **The Course**

This is a one day assessment which, if successful, endorses the candidate as a qualified Trail Cycle Leader within terrain specified by the Mountain Bike Leader Association (MBLA). This terrain must be on non-technical trails, below a height of 600m and within 30 minutes walk of a shelter with communication. The activity must also be undertaken within daylight hours and in summer conditions. (There are bolt on modules for night riding, winter riding and self supported expeditions available as well as the Mountain Bike Leader award).

Even though this is an assessment there will be elements of further training and discussion mixed in.

***This is an intensive one day course. Please be aware that we may not be finished until 1800Hrs – possibly latter depending on weather, terrain, mechanical issues etc.***

### **One Day Courses**

Lunch, Teas / Coffees and cake at the end of the day are included in the cost.

Accommodation is not provided.

Other Meals and B&B accommodation can also be booked separately in advance if required.

Please ring to ask for availability if intending to stay.

## What Will I Need?

Please note that Glenmore Lodge has a very limited number of bikes and bike equipment. Please bring your own bike and safety gear, toolkit and bike lock if you can. As a leader you should have all this.

As this is an assessment it is always best to come along with your own kit, however, Glenmore Lodge does have a limited supply of biking equipment available if really needed. Please check through the mountain bike equipment list and if you have any questions then please feel free to contact us here at the Lodge for advice.

Glenmore Lodge has a large and very comprehensive Stores of up to date outdoor clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the course.

**We do have a limited supply of mountain bikes and biking equipment. However we would advise you to bring your own equipment including bike, helmet, gloves, repair kit, tools and bike computer if possible.**

**If you would like / need to borrow a bike please call the office ahead of your course to check availability for your course.**

If you are bringing your own bike then you should ensure your bike is properly set up and you have fitted a bike computer. This is essential for navigating. Please remember GPS's are less reliable in a forest so it is not always a suitable alternative.

If you are thinking about buying equipment prior to coming on the course please remember that you are welcome to try out items we hold in stores during your course. We have a range of equipment items you can try during the course and there is always advice on hand from other students as well as the staff.

### **GLENMORE LODGE CAN SUPPLY:**

- ✓ Hardtail Trail mountain bike (subject to availability and sizing)
- ✓ Basic waterproof jackets and trousers
- ✓ Day rucksack
- ✓ Biking Helmet
- ✓ Biking Gloves
- ✓ Shin Guards
- ✓ Flat Pedals (you need to bring flat soled trainers)
- ✓ Eye wear

A Towel and all bedding is provided for you for the duration of your stay.

We do not have cycle computers for the bikes we can provide.

We have a checklist below of the other relevant equipment / clothing needed for your course. If you have any questions then please don't hesitate to call or email before you come along. This list is not comprehensive, it just covers the main essentials.

Glenmore Lodge also has a Sauna, Swimming pool (small), Gym and Climbing wall – all available for you to use in the evenings – so don't forget to bring along swimming kit etc. You can get rock shoes from reception if you need.

## Mountain Biking Check list for MBLA TCL Assessment

Please use this list to help you prepare for your course

Item	To Do	Need	Done	Packed
Relevant Paperwork				
Bike				
Bike computer				
Helmet (available from Lodge Stores)				
Eye wear (available from Lodge Stores)				
Head torch (available from Lodge Stores)				
Rear light (red flashing LED is fine)				
Cycle gloves (Full finger are preferable)				
Small Biking Rucksack (15-25L max)				
Rucksack Liner (available from Lodge Shop)				
Whistle (available from Lodge Shop)				
Emergency Survival Bag (available from Lodge Shop)				
Cycle shorts / padded liners (selection)				
Cycle trousers / leggings				
Thin Hat / Buff				
Wicking tops (selection)				
Thin Warm layer – e.g. fleece				
Thick warm layer – e.g. synthetic duvet jacket				
Socks (selection)				
Waterproof Jacket				
Waterproof trousers (suitable for cycling)				
Personal clothing and casual wear for the evenings				
Cycle shoes / suitable flat soled trainers				
Trainers / Sandals / Crocs (for evenings)				
Simple Bike tool kit (multi tool etc)				
Spare Inner tubes x2 for your bike				
Spare brake pads for your bike				
Tyre levers (available from Lodge Shop)				
Pump				

Map (sheet 36 @ 1:50 000)				
Map case (available from Lodge shop)				
Compass (available from Lodge Stores)				
Drink system e.g. Camelbak or water bottle				
Spare snacks (available from Lodge Shop)				
Sun Cream (available from Lodge Shop)				
Midge repellent (available from Lodge Shop)				
Midge net (available from Lodge Shop)				
Personal toiletries				
Small personal First Aid Kit				
Any Personal medication needed				
Alarm clock				
Money				





11. Briefly list and explain the different options / disciplines available to someone keen to take up competing in cyclesport in the UK.

12. It is raining hard and one of the group has broken their chain. Describe concisely what you would do next and how.

13. What personal adjustments can you make to a clients bike to improve comfort and efficiency?

14. What qualification and insurance is needed for us to take a group biking:-

a) Whilst working for an Activity centre

- As contracted staff

- As a freelance instructor

b) Whilst running our own business