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# MBLA Mountain Bike Leader Training

## What Paperwork Is Required?

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

1. A Trail Cycle Leader certificate
2. An SMBLA / MBLA registration number and training manual
3. A British Cycling or Scottish Cycling membership card
4. A Log Book containing at least 40 rides, 10 of which are routes of extended length (6hours riding or more). Another 10 must cover routes of a high degree of technical difficulty, with at least 3 in remote terrain. 12 of these logbook entries should have been as leader or assistant leader.
5. Ensure you have the equipment listed on the Glenmore Lodge 'Check List', see attached.

## The Course

This is a two-day training course, which equips the aspiring Mountain Bike leader with the additional skills and knowledge necessary to lead and coach a group of mountain bikers within terrain outwith the TCL terrain specified by the Mountain Bike Leader Association (MBLA). This terrain can be on technical trails, above a height of 600m and in remote country. The activity is still to be undertaken within daylight hours and in summer conditions. (There are bolt on modules for night riding, winter riding and self supported expeditions available to those interested).

The course is very much about training in a relaxed atmosphere to provide a forum for discussion and sharing of ideas and experiences. There is no assessment during the course.

## What Will I Need?

As this is a training course 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.

Stores will be open 19.00 – 20.00 hrs on the evening of your arrival subject to demand.

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 hold.

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 MBL Training course

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				

Above is what is required for the Glenmore Lodge training courses. This is not an exhaustive list or a recommendation for what TCL and MBL leaders should be taking with them when working. This information will be supplied on the training courses and in the SMLA Training Manual.