

Development Skills Instructor – MTB (Level 1)

Pre-Course Work | Local Trail Audit

Introduction – A well run Development Instructor Skills (Level 1) session starts a long time before meeting participants at the trail head. The more familiar an instructor is with the trails, environment and risks they are going to run the skills session in the better, for the instructor and the clients. The idea of the pre-course trail audit is to help instructors understand what to identify when carrying out a pre-course recognizance.

Participant Name: _____ AusCycling No: _____

Course & Location: _____ Date: _____

Complete the below questions using one of the major trail networks in your state as an example.

1. Name of trail network?

2. Best season for trail network use and why?

3. Worst season for trail network use and why?

4. Number of green trails and a description of what they are like to ride? (eg trail surface? Flowy or tight? Hilly, flat or rolling? Steep? Trail features require a consistent level of skill or some are a lot harder/easier than others?)

Broad description of trail features – corners, drops, rocks, berms, off camber corners, roots?

5. Describe three (3) green trail features and the skill they could be used to develop in a Level 1 Instruction session, including distance of each feature from the trail head.

5A. Description of Trail Feature	5B. Skill they could be used to teach?	5C. Distance from trail head (km's & time)
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1.

2.

3.

6. Conduct a risk assessment of the three features and

a. List any potential risks to participants

b. Describe strategies you could use on these trail features to manage the risks to participants?

7. ANALYSIS – Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a Level 1 skills session?

Yes/No?

Why?

8. Number of Blue trails and a general description of what they are like to ride?



9. Describe three (3) Blue trail features that could be used for Level 1 Instructing, including distance of feature from trail head.

5A. Description of Trail Feature	5B. Skill they could be used to teach?	5C. Distance from trail head (km's & time)
1.		
2.		
3.		

10. Conduct a risk assessment of the trail feature's and

a. List any potential risks to participants

b. Describe strategies you could use on these trail features to manage the risks to participants?

11. Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a Level 1 Skill's session?

Yes / No?

Why?

