

Mountain-Bike Instructors Award Scheme

Tyn Dwr Hall Centre Llangollen

Day One

- 09:00-09:30 Introduction
- 09:30 –10:30 Personal and group equipment.
- 10:30-11:00 Bike Familiarisation.
- 11:00-11:30.Break.
- 11:30-12:00 Access.
- 12:00-12:30 A.A.L.S. & Activity Related Paperwork
- 12:30-13:00 Group Leadership.
- 13:00-13:30 Lunch
- 1:30-15:30 Riding Skills & Short Group Ride.
Local area.
- 15:30-17:00 Maintenance.
- Evening: Candidates on assessment: navigation exercise.

Day Two.

- 09:00-09:30 Navigation And Route Planning.
- 09:30-10:00 Prepare For Ride And Depart.
- 10:00-16:30 Group Ride/Assessment
- 16:30-16:45 Clean Bikes And Secure Stores.
- 16:45-17:15 Individual Feedback/Assessment Test Paper.
- Group Debrief, Depart Course.

Due to group dynamics and constitution timings will inevitably vary from course to course.