

MBCUK Course Confirmation and Joining Instructions

This information and more can be found at www.mountainbikecoaching.com

1.0 Booking a course

If you are organising a group course with a minimum of 6 people and maximum of 12 we can allocate a private course for you. Individual bookings can be made for upcoming courses (See MBCUK Website booking page) or contact us directly.

1.1 Group Courses

In order for us to help with the process of booking a private course. Please assist us with the following -

1. Appoint a course administration student
2. Spread the word and find 6 course students
3. Find a suitable date for your group
4. Call or email to book the desired course date
5. £100 deposit per student should be received once confirmation is given for the course, to hold the date (within 2 weeks). We cannot guarantee to hold course bookings until a deposit is received.

2.0 Pre Course Standards

MBCUK can now run combined Trail Leader TL and Technical Trail Leader TTL courses and you will be allocated as appropriate to your skills and logged experience. TL students are competent cyclists and have 10 days' experience in riding mountain bike specific trails. TTL students should have 20 days' experience. Other cycling disciplines such as BMX and Road Cycling may qualify as experience.

3.0 Location and Transport

MBCUK run courses from the Cycle Education Centre in Catterick, or at a location of your choice - if suitable trails and facilities are available. Course students are responsible for transport of themselves and all equipment including bikes.

3.1 External Courses away from the MBCUK Centre

UK Based -

If the course is held at your location, please update us with the following information:

1. Course location and suitable cycling areas within range (maximum 1hr drive)
2. Availability of a classroom or lecturing environment for day 1
3. Availability of a skills area for day 1 (flat ground i.e. empty car park minimum 40m by 20m)
4. Advice on suitable accommodation if required by the Tutor

Overseas - In addition to the above points:

5. Skills course set-up can be improvised from gym equipment, cones, posts etc
6. Standard bike maintenance kit should be provided

4.0 Course Timings

Our typical course duration is 2 days unless otherwise arranged to meet your requirements. Students should be available between 0900-1700 on all days. Additional timings may be given by your instructor.

5.0 Meals

It is the course student's responsibility for feeding for the duration of the course. Packed lunches should be brought for both days unless otherwise arranged.

6.0 Clothing and Equipment

TL - Day one is classroom based with a short urban ride and skills test (tracksuit is suitable).

TL - Day two is offroad riding - you are likely to get wet and dirty. Bring appropriate cycling clothing to withstand mountain biking up to 5 hours and over in the given weather conditions.

All other courses may consist of off-road riding on all days so please plan kit accordingly.

Additionally, you will be expected as a potential coach leader to carry the appropriate safety and repair equipment for leading a small group.

Clothing	Equipment
Mountain Biking Helmet	Mountain Bike – clean and good condition
Eye protection	Multi-tool
Lightweight full-finger gloves	Inner-tubes
Trail or MTB shoes	Pump and spares
Waterproof layer	Compass & map of riding location
Base layers	Cycling Backpack or suitable daysack
Padded Cycling Shorts	First-Aid kit

*Please carry any extras that you would normally carry with you – on all course days.

7.0 Reference Material

For additional info please download the course syllabus and reading material from the links page on the website. If the course is not being run in Catterick please discuss the riding plan with the instructor prior to the course. You may need to provide maps for the location. Course workbooks will be provided, you should bring a pen with you.

8.0 Confirmation

Please complete and return the included confirmation page. We kindly request that a deposit is made and provided with as soon as possible after confirming intentions for a course.

If you have any questions, please contact us -

MBCUK Admin: 01845 526038 – 07841 863162

Email: info@mountainbikecoaching.com

Website: www.mountainbikecoaching.com

MBCUK
22 Herriot Way
Thirsk
North Yorkshire
YO7 1FL

Confirmation

Please complete this form and return to MBCUK by email or mail.

1.0 Course Contact - Student Details

Name	
Email	
Mob/Tel	
Address	

2.0 Course Details

Course Location	
Course Date	
Course Type	
Number of Students	

3.0 Students attending the course:

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

3.1 Attendance Agreement

By entering a name in the above table he/she agrees to attend the course on the date specified unless otherwise arranged through MBCUK.

4.0 Standard Learning Credits SLC Funding

For military personnel, Course fees can be claimed back through Standard Learning Credits SLC Funding (MOD Form 1950)

5.0 Deposit

Please secure places with a £100 deposit per course student.

Total deposit paid	£
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6.0 Declaration

All persons listed in the course students attending (section 3.0) will be present on the course at the date specified.

Signed	
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Student Rider Profile

Please fill out this form with as much details as possible for us to gain an insight into your experience.

Course Date		Location	
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Name			
Email and Mobile			
Club or Team member			
First Aid Qualification			
Riding experience	Beginner	Intermediate	Advanced
Riding	Less than 20 days	20-40 days	More than 40 days
MTB Leading Experience			
MTB Locations Ridden			
AT Leading Experience			
AT and Sport qualifications			
Additional Information			