
	<p><b>CYCLING</b></p> <p><b>MOUNTAIN BIKING</b></p>	 <p><b>Bracknell Forest Council</b></p>
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**DESCRIPTION:**

Riding bicycles off-road, usually over rough terrain.

**QUALIFICATIONS:**

The leader should be Competent in navigation in the terrain involved, Technically competent at bicycle repair and maintenance, Competent in first aid to an appropriate level, Be approved for hill walking in similar terrain and conditions and hold a minimum of the BEL or Mountain Leaders Award.

**Lowland Areas:** On roads and tracks in lowland areas the leader should be an experienced cyclist who has knowledge of the safety requirements for group cycling.

**Off Road and Hilly Terrain:** Off road or on tracks in hilly but non remote areas the teacher or leader should be an experience cyclist and should hold an appropriate qualification for leading groups in the type of terrain to be visited, e.g. BEL.

**Mountainous Wild and Remote Areas**

For cycling off road in mountainous, wild or remote areas the leader should be an experienced cyclist and have undergone appropriate training for the areas to be visited. e.g. Mtn Leader Award.

**STAFFING RATIO:**

1/6 with a minimum of 2

**PROTECTIVE EQUIPMENT:**

Appropriate clothing for the weather conditions, appropriate protective headgear and other clothing such as gloves as appropriate.

**HAZARDS:**

- Crashes
- Slips
- Falls
- Weather Conditions
- Hypothermia

**GUIDANCE:**

This individual sport requires endurance, core strength and balance, bike handling skills, and self-reliance.

**OTHER INFORMATION:**

British Cycling: <http://www.britishcycling.org.uk>