

# MOUNTAIN BIKING

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| Version: 1                      | Approved by: Russ Jacobi     |
| Technical Expert/s: Russ Jacobi | Next review: 1 November 2018 |

## OBJECTIVES

1. To learn or improve mountain biking skills:
  - a. Gear changing (well-timed, smooth, appropriate choice)
  - b. Effective and safe braking
  - c. Basic downhill body position and technique
  - d. Negotiating difficult terrain (target fixation, weight transfer, choice of line)
2. For participants to challenge themselves on an individual basis
3. To allow experience Mountain Bikers the chance to pass on knowledge to peers when appropriate

## INSTRUCTORS MUST

- Carry first aid kit, tools and a cell phone
- Ensure all riders can control the bike including, speed control (using both brakes), **downhill position, smooth operation of gears.**
- Inform management of and significant injury's as soon as practically possible

## TIME

3-6 hours

## INSTRUCTOR REQUIREMENTS

- Signed off in Mountain biking

## CLIENTS REQUIREMENTS

- Follow instruction given by YMCA Staff
- Wearing closed shoes
- Dressed for the conditions
- Can competently ride a bike

## LOCATION

Rimutaka incline.

Other sites require prior OEPM approval.

## REQUIRED EQUIPMENT

Instructor needs to carry the following equipment

- 1<sup>st</sup> aid kit
- Cell phone
- Tools including, inner tube tire leavers, pump
- SPOT (when requested be duty manager)

Activity equipment

- Correctly fitted helmets
- Mountain bikes
- Adequate food and water

## PRE ACTIVITY CHECKS

### **Bikes need to be checked for**

- Tire pressure
- Breaks
- Gears are in working order

### **Trails need to be checked**

- Trails are “open”
- Activity has been cleared to operate

## BRIEF

See *Mountain biking AMP*

## BEGINNING

See *Mountain biking AMP*

## MAIN CONTENT

See *Mountain biking AMP*

## TRAILS

See *Mountain biking AMP*

## DEBRIEFING

Debriefing is important part of the activity at YMCA Camp Kaitoke, it is important to involve and listen to all participants; some options of discussions are below

- What one thing that they have learnt that helped them the most
- What did they enjoy most about the activity
- What bit of advice would they give to someone about?

## FINISHING

- Incident report forms need to be completed for all incidents and near misses
- All equipment needs to be returned to the activity stores
- At the end of each day all bikes need to be washed with fresh water
- Any breakages need to be reported to senior staff
- At the end of each programme all bikes should be cleaned and lubed

| Document History and Version Control |               |             |   |
|--------------------------------------|---------------|-------------|---|
| Version                              | Date Approved | Approved by | Description   |
| 1                                    | 2 June 2017   | Russ Jacobi | New format<br>New history and version table<br>Added: Rimutaka incline<br>AMP Mountain Biking<br>Removed: all onsite mountain bike trails |
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# AMP MOUNTAIN BIKING

Before leaving for the off-site mountain biking trip, you need to check with the students that they all have the following:

## **Gear Check**

- Thermal top and fleece
- Raincoat
- Warm hat
- Sports shoes and socks
- Water bottle
- Lunch and snacks
- Torch
- Personal meds
- Snacks/lunch etc

## **Extra instructor gear you must carry in bike bag**

- Spare tube (check that spare tubes are the correct size for your tyres)
- Bike pump
- Tyre levers
- Spare thermal
- Torch
- First aid kit

## **Map reading and weather forecast**

Go over map and map features with the group.

- Track route (include start and end)
- Distance of route and how long it will take

Talk about the weather forecast and what is expected during the ride (be aware of strong winds when biking on the Rimutaka Incline)

## **When you arrive at the biking location:**

- Take bikes off the trailer and hand them out to students
- Go through seat height and how to adjust
- Go through how to brake properly (to avoid flying over the handlebars, don't slam on the brakes, gently squeeze them to stop)
- Check wheels of bikes (that they are not loose in the axels)
- Check tyres for correct pressure
- How the gears work and how to adjust them (if students have never used gears before, suggest they start on gear 2 and 8)
- Test helmets with the head shake test (shake head and helmet should remain on head nice and firm).

## HAZARD MANAGEMENT

| Potential risk   | How to minimise/avoid risk   |
|--|--|
| Site specific to Rimutaka Incline: Steep banks and ditches along the trail | Have an instructor / parent helper / LIT to bike on the side closest to the ditch or bank  |
| Falling off bike   | Ensure bikes are fitted correctly to the students. Most bikes can fit most people if the seats are lowered or raised to accommodate their needs.   |
| Hypothermia  | The wind at Rimutaka Incline can be extremely cold and biting, especially when students are biking down the 10km downhill. Ensure they have sufficient warm clothing and jackets to wear when biking downhill.   |
| Injury due to falling off bike   | Mountain biking can produce some of the most hazardous injuries due to the speed at which people can fall off. Briefing students on braking slowly (not suddenly), watching where they are biking (with space around them) and staying in control of their speed when coming downhill especially.  |
| Vehicle danger   | When students are riding their bikes along the track, be aware of any potential vehicles. Tell students to cycle in single file and always be listening out for cars. Clearly brief them on what to do if a car comes (move to the side of the track).   |
| Students getting lost/left behind  | Have a group safety chat at the start, question the students on the following <ul style="list-style-type: none"> <li>- How can we ensure the group stays safe?</li> <li>- What happens when we come to an intersection in the track?</li> <li>- Who will be the leader and tail end Charlie?</li> <li>- Stops along the way</li> <li>- Communication between back and front people with the walkie talkies (or other means) – how this will work.</li> </ul> |