



BMBLA – LEVEL 2 LEADERSHIP AWARD

Training Course

The Level 2 Leader training course covers a wide variety of topics including:

- Planning and delivery of rides that are appropriate for your group.
- Leading techniques for effective group management.
- Map reading and navigation for a flowing journey.
- Management of accidents and emergency situations.
- Equipment set-up and trailside repairs.
- Core mountain bike techniques.

Pre-requisites

To attend the training you will need to:

- Be at least 18 years old.
- Be [registered with the BMBLA scheme](#). BC will provide you with the training manual, log book, Ride Membership valid for one year plus your log in details for the online learning programme NSPCC Child Protection Awareness in Sport and Active Leisure which you need to complete as part of your pre-course work.
- Have mountain biking experience of at least 15 rides within the last 12 months in a variety of terrains and conditions of which a minimum of 11 rides of 2-3 hours duration and 4 rides at least 4 hours duration. At least half of the 15 rides have been on natural trails, as opposed to trail centres. (You will need to provide logbook evidence of these - a logbook will be sent to you prior to training.)
- Be competent in the techniques and skills required to safely negotiate the typical trail features encountered at this level of award (as a general guide this is comparable to red graded purpose-built trails).
- Have an appropriate level of physical fitness for a day's riding in the level 2 leading environment.
- Hold a current two-day outdoor First Aid certificate (this can be handed in at a later date, but must be submitted before assessment).

Assessment

Assessment for the Level 2 Mountain Bike Leadership Award consists of a written assignment followed by a practical one-day assessment. Ideally there is a 6-week minimum consolidation period between training and the assessment day to allow you to complete the action plan agreed with your L2 tutor.

Written assignment

The written assignment is an open book home study task and comprises of a range of multiple-choice questions. This task is based on the information included in the BMBLA Level 2 Handbook and other resources provided on the course.



You will be sent your written assignment when you book on your assessment and ideally you would complete and submit it at least 2 weeks before the start of the assessment.

Practical assessment

The practical assessment consists of day-long mountain bike journey during which each candidate will be assigned to lead a section of the assessment route of up to 10km working with a ratio of 1:5. You will be expected to deliver a flowing journey whilst demonstrating good leadership and navigational skills.

The assessment procedure is informal and is designed to help you develop your skills as a mountain bike leader. The group you lead can consist of other riders who are also being assessed on the same day and/or riders who are there simply to fulfil the role as participants on the ride.

Costs

- Registration with BC - £104
- Training course with Cycle Wild Scotland - £200
- Assessment with Cycle Wild Scotland - £115

(Please note that Cycle Wild Scotland is happy to accept payment in instalments.)