

ADVANCED INSTRUCTOR MTB COURSE (AIMTB)

Personal Riding Skill Demonstrations

The AusCycling Advanced Instructor MTB course (AIMTB) is designed to provide accreditation to experienced and skilled mountain bike riders who wish to instruct on black MTB trails.

A prerequisite for attending the practical section of the course is that participants must demonstrate a high level of personal riding skills on high intermediate and black mountain bike trails. To undertake the AIMTB course, you need to submit in video format, examples of the listed skills to AusCycling.

To assist you in getting ready and submitting your videos for review, we've put together this helpful guide.

How to prepare for the video demonstrations: We're looking for you to demonstrate your riding skills following industry best practices. Leverage your trail experience within your local network to choose appropriate features/locations for your skills demonstration.

We want to see you comfortably demonstrate the skills from start to finish. Where the skill is demonstrated on the trail, we want to see that you are confidently riding the feature from top to bottom.

Due Date: This needs to be submitted a minimum of 4 weeks before the course and it needs to be approved by the course presenter to confirm your attendance at the course.

Procedure and Guidelines

What we're looking for:

Participants need to demonstrate the following AIMTB trail skills and submit a video recording. AusCycling would like to see each skill demonstrated to the camera three (3) times. You can choose to record these using the same or different features on black or high-level blue trails.

The skills are:

- Riding rock gardens
- Riding drops
- Showing jumping skills

We would also like a video of any two of the following hop and pop skills:

- Doing a wheelie
- Doing a manual
- Doing a bunny hop

Tips for the recording:

- Spend time practicing the specific skills you'll demonstrate in the video.

- Familiarise yourself with the camera setup and angles.
- Record multiple takes to capture the best performance.
- Review the footage to ensure clarity and correctness.
- Stay visible during the entire demonstration, show the skill from start to finish and/or ride the feature from top to bottom.
- Choose the right time to record, be aware where the sun is for better visibility.
- The footage must be of good quality to allow the Assessor to make an informed decision.

Tips for the demonstration:

- Show confidence in your riding abilities.
- Focus on technique, emphasise proper body posture, balance, and control.
- Follow standard safety best practices, inspect the bike to ensure it's in proper working condition (brakes, tires, etc.).
- Inspect and wear appropriate safety gear: helmet, gloves, and any other protective equipment.
- Check the area for any safety issues. For on trail skills, ensure the area is safe and free of obvious hazards and has a clear runout.
- Refer to the Mastering MTB Skills Book by Brian Lopes for skill fundamentals.
- Be genuine and authentic in your riding, let your passion for biking shine through.

Equipment Required: You will need a recording device such as a phone, camera, or GoPro, as well as a tripod, stand, or helper. Consider using an editing app for better results.

Submitting your video: Once completed, upload your video to YouTube, SharePoint, Dropbox, or any other similar platform. The recordings should be clearly marked with the name of the course candidate, the skills contained and the date of the course.

Eg: Charlie Charles – Rock Garden – 2024 Canberra

Please send these links to coaching@auscycling.org.au.

Result of Video Submissions: Acceptance onto the course based on videos indicates recognition of your skill level to attend the course, but it does not confirm that you have the skills to pass the Advanced Instructor MTB accreditation. An assessment will be based on practical application during the course.

Where the video quality does not allow the Assessor to make an assessment based on a clear view of the skill, the assessor may advise the participant that the electronic submission was not suitable and request a new recording to be submitted.

If the participant is not yet competent, they will be provided with feedback and if time allows before the course, the instructor/candidate may submit another recording. Alternatively, a refund will be provided minus a processing fee.

Exception for Experienced Elite Riders: If you've achieved a Top 10 result at a National Downhill Championships or Top 30 at a World Cup in the past 2 years, you could be exempt from submitting videos. Additionally, for Cross Country and Gravity Enduro, equivalent results will be considered, and decisions will be taken into account for the specific race course and location. Please add this information to the personal riding log for review. Please send this to coaching@auscycling.org.au.

Processing time: Once submitted to AusCycling, please allow 7-10 business days for your recordings to be reviewed.

We wish you every success with your recording and submission.

Please reach out to the AusCycling course coordinator and/or coaching@auscycling.org.au with further information around your results.

Personal Riding Skill Demonstrations Criteria		Yes/No
1.	<p>The rider demonstrated each of the following skills three (3) times:</p> <ul style="list-style-type: none"> • Riding rock gardens • Riding drops • Jumping Skills <p>Along with any two (2) of these skills hop and pop skills:</p> <ul style="list-style-type: none"> • Wheelie • Manual • Bunny hop 	
2.	<p>The rider demonstrated essential techniques in an achievable way for mastering the following skills. The rider emphasised proper body position, balance, and control, utilizing appropriate momentum and timing.</p> <ul style="list-style-type: none"> • Riding rock gardens – Holding chosen line and being dynamic, pumping, popping and absorbing the bike, carrying and exiting with momentum. • Riding drops – Setting up early, lowering seat, vision forward, push or popping the edge, landing with a glide. • Jumping skills – Take off – Setting up early, lowering seat, vision forward, compress then pop the bike, further technique appropriate to the size of the feature. <ul style="list-style-type: none"> - Through the air - relaxed, balanced and confident - Landing - Coming in with a glide and both wheels at the same time, aiming to be smooth and quiet. Body position centred over bike to absorb the forces. 	

	<p>Any two of the following:</p> <ul style="list-style-type: none"> • Wheelie – Approach by pedalling, vision forward, compression of the forks, pull the handlebars and power pedal at the same time. Evidence of straight arms, confidence and pumping to hold at the balance point, • Manual – Starting in a neutral position, generating momentum in the attack position, vision forward, compression of the forks, pull the handlebars, confidence holding at the balance point, evidence of straight arms, pumping to maintain balance point. • Bunny hop – Take off -Enter in attack position, compress the bike, snap hips back beyond rear axle (evidence of L shape body motion – down and back). <ul style="list-style-type: none"> - Hop the bike - projecting hips up and forwards, bringing the hips as close to the handlebars as possible causing the bike to leave the ground. - Landing - land both wheels at the same time, aiming to be smooth and quiet. 	
3.	The rider was visible during the entire demonstration, showing the rider from start to finish and/or riding the feature from top to bottom.	
4.	The rider has identified and utilised appropriate trail features for their skill demonstration.	
5.	The rider has demonstrated risk management and chosen an appropriate feature/location.	
6.	The rider can attend the AusCycling Advanced Instructor MTB Course.	
Feedback Section (if required)		