

AusCycling | Development Instructor – MTB Pre-Course Work | Local Trail Audit

Introduction – A well run Development Instructor skills session starts a long time before meeting participants at the trailhead. The more familiar an instructor is with the trails, environment and risks they are going to run the skills session in the better, for the instructor and the clients. The idea of the pre-course trail audit is to help instructors understand what to identify when carrying out a pre-course recognizance.

Participant Name: _____ **AC No:** _____

Course & Location: _____ **Date:** _____

Complete the below questions using one of the major trail networks in your state as an example.

- 1. What is the name of your trail network?**
- 2. What are the best seasons to use this trail network and why?**
- 3. What are the worst seasons to use the trail network and why?**
- 4. Number of green trails in this network, include a general description of what they are like to ride? (eg trail surface? Flowy or tight? Hilly, flat or rolling? Steep? Trail features require a consistent level of skill or some are a lot harder/easier than others?)**

Broad description of trail features – corners, drops, rocks, berms, off camber corners, roots?

5. Describe three (3) green trail features and the skill they could be used to develop in an intermediate session, including distance of each feature from the trail head. (Give both kilometers and approximate riding time.)

5A. Description of trail feature

5B. Describe the skill they could be used to teach?

5C. Distance from trail head (Give both km's & time)

1.

2.

3.

6. Conduct a risk assessment of the three features and

A) List any potential risks to participants

B) Describe strategies you could use on these trail features to manage the risks to participants?

7. ANALYSIS – Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a intermediate skills session?

Yes/No?

Why?

8. Number of blue trails in this network, include a general description of what they are like to ride?

9. Describe three (3) blue trail features and the skill they could be used to develop in an intermediate session, including distance of each feature from the trail head. (Give both kilometers and approximate riding time.)

9A. Description of Trail Feature

9B. Skill that could be used to teach?

9C. Distance from tail head (km's & time)

1.

2.

3.

10. Conduct a risk assessment of the trail feature's and:

A) List any potential risks to participants

B) Describe strategies you could use on these trail features to manage the risks to participants?

11. ANALYSIS - Based on the distance from the trail head, the potential risks you have described and your strategies to manage them are you satisfied that these trail features are satisfactory for a intermediate session?

Yes / No?

Why?

12. List any authorities you would require permission from to instruct on these trails and briefly outline the application process?

13. Identify other user groups apart from Mountain Bikers who use the trails (eg walkers, horses, dog sleds) and identify strategies to manage shared trail use, especially while you are instructing?

14. In the case of a medical emergency:

A) identify the quickest or easiest emergency exit points to get a participant to an ambulance.

B) In the case of a serious injury, how long do you think it may take to get a participant from your chosen trail feature/s to an ambulance access point?

15. Identify and list contact numbers for local emergency services that may be required to help you exit and injured rider?

16. After your session you are pleased when one of your participants enquires about doing a race and some social rides and wonders what clubs and races are around – what resources would you point them towards?